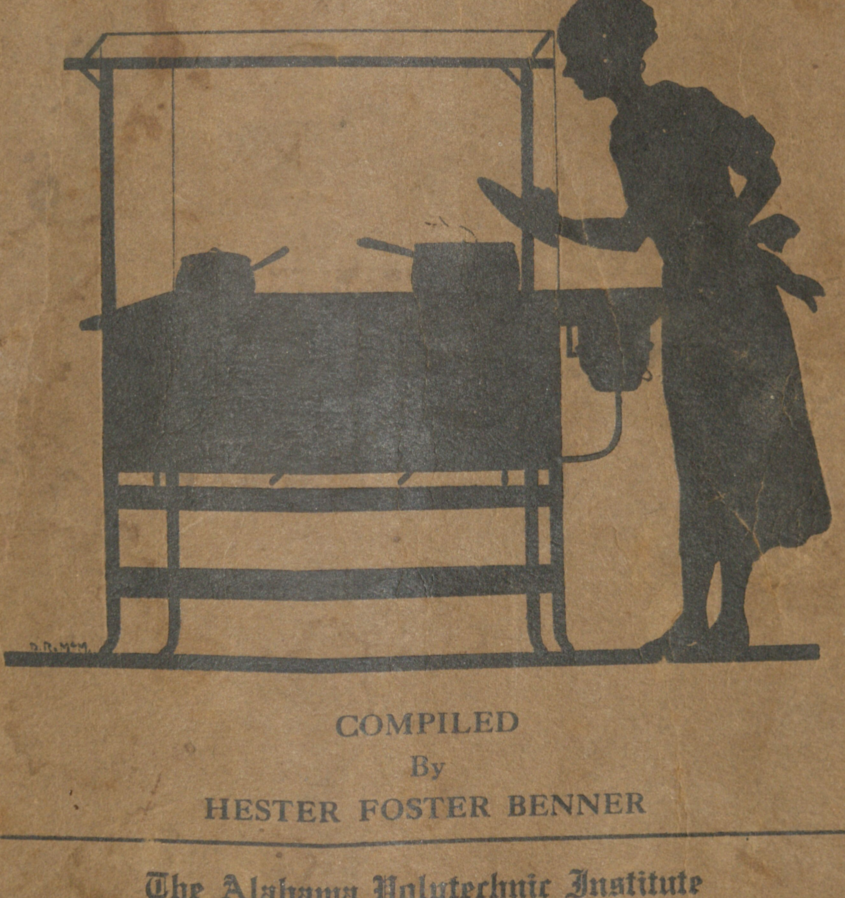
RECIPES



COMPILED
By
HESTER FOSTER BENNER

The Alabama Polytechnic Institute
EXTENSION SERVICE
L. N. DUNCAN, *Director*
AUBURN, ALABAMA

JULY, 1924 CIRCULAR 74

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS, THE ALABAMA POLYTECHNIC INSTITUTE AND THE UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING—ACTS OF MAY EIGHTH AND JUNE THIRTIETH, NINETEEN HUNDRED FOURTEEN.

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PUBLISHED
BY THE
EXTENSION SERVICE
OF THE
ALABAMA POLYTECHNIC INSTITUTE
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FOREWORD

The Extension Service of the Alabama Polytechnic Institute presents this booklet of standard recipes to the girls and women who are studying food preparation in the schools and home demonstration clubs of the state. Since principles of food preparation and standard recipes which are based on these principles are limited in number this bulletin has been issued in the belief that it will simplify our study of food preparation, and contribute to an improved standard of living in Alabama homes.

The recipes were compiled by Mrs. Hester Foster Benner, former member of the faculty of the Alabama Polytechnic Institute. In planning the bulletin Mrs. Benner was assisted by Miss Dora Sonnenday, nutrition specialist for the Extension Service, and other Extension Service staff members.

The bulletin was prepared at the suggestion of Miss Ivol Spafford, State Supervisor of Home Economics, who has offered numerous helpful suggestions.

AGNES ELLEN HARRIS,
Dean of Women,
State Home Demonstration Agent.

DEFINITIONS, TABLES AND RULES

Rules for Measuring:

All measurements are level; use a case knife or spatula in leveling.

Use a standard teaspoon, tablespoon, and measuring cup. In using a measuring cup note whether the cupful mark is at the top of the cup or slightly below it.

Always sift dry ingredients such as flour, powdered sugar, etc., before measuring.

When a recipe calls for dry ingredients, liquids, and fats, measure the dry ingredients, then the liquids, and then the fats, using only one cup.

Measure dry ingredients into a cup with a spoon, leveling the top with a knife or spatula.

To measure solid fat, pack solidly into a measuring cup and level off. When butter or a butter substitute is bought in a pound brick the brick may be sliced to save time in measuring the fat. One-fourth of the brick equals ½ cup; one-half of the brick equals 1 cup.

For half a spoonful, divide spoonful lengthwise.

For a quarter spoonful, divide lengthwise and crosswise.

For an eighth spoonful, divide the quarter diagonally.

Table of Abbreviations:

tbsp. = tablespoon
tsp. = teaspoon
c. = cup
qt. = quart
lb. = pound
oz. = ounce
pt. = pint

Table of Measures:

3 teaspoonfuls = 1 tablespoonful
16 tablespoonfuls (dry) = 1 cupful
12 tablespoonfuls (wet) = 1 cupful
8 ounces = 1 cupful
4 cupfuls = 1 quart

Table Comparing Weights and Measurements:

2 cupfuls of butter (packed solidly)
2 cupfuls of chopped meat (packed solidly)
2 cupfuls of granulated sugar
2 2/3 cupfuls of powdered sugar
2 2/3 cupfuls of brown sugar
2 2/3 cupfuls of oatmeal
4 3/4 cupfuls of rolled oats
4 cupfuls of flour
8 or 10 eggs
= 1 pound

2 tablespoonfuls of butter
4 tablespoonfuls of flour
2 tablespoonfuls of cocoa
1 square of chocolate
= 1 ounce

Methods of Cooking:

Broiling—cooking over live coals or over direct heat.

Boiling—cooking in boiling water.

Stewing—cooking in water below the boiling point. Very little water is used.

Steaming—cooking over steam.

Baking—cooking by dry heat in an oven. (This is called roasting when applied to meat.)

Frying—cooking in enough hot fat to cover the food.

Sauteing—cooking in pan with very little fat.

Oven Tests:

The best means of testing oven temperature is by the use of an oven thermometer. When such a thermometer is not available use heavy white paper such as is used for letter paper. Place the piece of paper on the grate in the center of the oven. The time necessary to color the paper a golden brown indicates the temperature of the oven. A hot oven is an oven in which the paper browns in 3 minutes. A slow oven is one in which the paper browns in 5 minutes.

Flour sprinkled in a pan may be used in the same way as paper in testing the heat of the oven. When the flour browns in 3 minutes the oven is "hot" and when the flour browns in 5 minutes the oven is "slow." The browned flour may then be kept in a jar for use in making gravies, etc.

The following table indicates how the paper test may be used in determining whether the oven temperature is right for starting various cooked foods.

TIME REQUIRED TO BROWN THE PAPER	OVEN TEMPERATURE INDICATED	USES
2 minutes	very hot	popovers, pastry.
3 minutes	hot	biscuits, muffins, small or layer butter cakes.
4 minutes	moderate	bread, loaf butter cake.
5 minutes	slow	small or layer sponge cake, meringue.
6 minutes	very slow	loaf sponge cake.

BEVERAGES

Water forms the basis of all beverages. Tea and coffee have no food value except that given by the addition of cream and sugar. They have a stimulating effect on the nervous system and often relieve fatigue. The stimulating property in both is due to caffeine. Tannin is also found in both and gives a disagreeable flavor when they are improperly made. Avoid using too much or too strong tea or coffee. Never give tea or coffee to children.

Cocoa and chocolate have some food value due to the starch present, but their principal value is due to the milk added. These also are stimulating.

General Directions:

Keep tea and coffee in closely covered receptacles to prevent loss of flavor.

Buy coffee in the bean and grind at the time of using.

Scald tea and coffee pots before using.

Never use a tin coffee or tea pot.

Use freshly boiling water for tea and coffee.

In making coffee, use fresh coffee and an absolutely clean pot.

Never boil tea.

Serve cream or hot milk with coffee.

If lemon is used with tea, wash, cut in thin slices and remove seeds as those give a bitter flavor.

In making cocoa and chocolate, mix cocoa or chocolate with water and thoroughly cook before adding the milk.

Never boil the cocoa after the milk is added.

TEA

2 tsp. tea	2 c. boiling water

Put the tea in a scalded pot and pour the boiling water over it. Steep three to five minutes. Strain and serve either hot or cold.

RUSSIAN TEA

Follow recipe for Tea, above, and serve hot with lemon and sugar.

ICED TEA

Follow recipe for Tea, above. Strain into glass one-third full of cracked ice. Serve with sugar and slices of lemon. Crushed mint leaves may be added to each glass for variety.

BOILED COFFEE

4 tbsp. coffee	1 tbsp. cold water
2 tbsp. cold water	2 c. boiling water

Mix the coffee with 2 tbsp. cold water, add the boiling water and boil three minutes. Remove to back of stove, add another tbsp. cold water and settle five minutes. Crushed egg shells may be mixed with the coffee to help clear it.

FILTERED COFFEE

3 tbsp. coffee (finely ground)
2 c. boiling water

Put the coffee into the upper part of a filter coffee pot and pour the boiling water slowly through it. If desired stronger, refilter.

COCOA OR CHOCOLATE

2 tsp. cocoa or
3/4 sq. of unsweetened chocolate
2 tsp. sugar
1/4 tsp. salt
1 c. milk
1 c. water

Mix the cocoa or chocolate, sugar and salt with the water and boil 10 minutes. Stir this into hot milk and bring the mixture to the boiling point over the direct flame or cook in a double boiler one-half hour. Beat with a Dover egg beater one minute and serve. For variety, add a few grains of cinnamon or ½ tsp. of vanilla. Whipped cream or marshmallow may be served with the beverage.

LEMONADE

2 c. sugar
3 lemons
4 c. water

Dissolve the sugar and water over the fire. Add the juice of the lemons and the grated rind of one lemon. When cool, strain and place in the ice chest. At serving time, add one cup of ice water or chopped ice.

FRUIT PUNCH

Using lemonade as a basis add the juice and pulp of one orange and one pineapple, that has been shredded. Strain through a coarse sieve before serving. For variety, berry juices and grape juices may be added. Add maraschino cherries for decoration as well as flavor. Tea is often used as a basis for fruit punch with the lemonade to give additional flavor.

FRUITS

Fruits are largely water with some cellulose, sugar and valuable minerals and vitamins. They are a necessary part of our diet and should be included as frequently as possible.

General Directions:

In preparing fruit, use utensils that will not discolor it, such as agate, granite ware, wooden or silver spoons and knives. Wash all fruit carefully and avoid bruising.

Use moderate heat for cooking to preserve the shape, color and natural flavor.

Add sugar to fruit towards the latter part of the cooking process, as the acid in the fruit inverts the sugar and causes it to lose some of its sweetening power. Sugar cooked with fruit also tends to toughen the fibers. For this reason apples are often cooked in a syrup to help preserve their shape. Apple compote is an example of this method.

A few grains of salt added to fruit brings out its flavor.

Dried fruit must be carefully washed in several waters to dislodge all dirt from the creases, and soaked for several hours to restore moisture.

Preparation of Raw Fruit:

ORANGE

(1) Wipe orange and cut in halves crosswise. Place one-half on a fruit plate and serve with sugar if desired.

(2) Peel orange and divide into sections. Arrange sections on a fruit plate around a mound of sugar. If the orange has seeds, remove the seeds.

(3) Peel orange and slice crosswise. Remove any seeds and arrange in a glass dish or plate. Sprinkle with sugar if desired.

(4) Wipe orange, cut in halves crosswise and squeeze out juice. Strain and serve cold in a small glass.

No. 2 and No. 3 can apply to satsumas.

GRAPEFRUIT

(1) Wipe grapefruit, cut in halves crosswise and remove seeds with a sharp-pointed knife. Make a cut separating pulp from skin around the entire circumference. Then make cuts separating pulp from the tough membranes which divide fruit into sections, and remove tough portion in center with scissors. Sprinkle fruit pulp with sugar, if desired, and serve cold on a fruit plate. A cherry may be used for garnish.

(2) Peel grapefruit and remove pulp from each section. Serve pulp and juice very cold in a sherbert glass.

BANANAS

Serve bananas whole or sliced. When sliced, prepare just before serving to prevent discoloration, and sprinkle with sugar and a little lemon juice, if desired.

BERRIES

(1) Pick over and hull berries, place in a colandar, pour cold water over them, drain and turn into a dish. Serve with powdered sugar and cream.

(2) Pick over berries, place in a colander, pour cold water over them and drain thoroughly. Arrange berries on a fruit plate around a mound of sugar. Berries served in this way need not be hulled.

FRUIT COCKTAIL

Remove pulp from grapefruit and mix with pineapple cut in pieces or shredded, bananas sliced and the slices cut in quarters, and strawberries cut in halves. Use half as much pineapple and banana as grapefruit and about four berries for each serving. Sprinkle with one-half cup of sugar and a few grains of salt. Chill and serve in cocktail glasses. Candied cherries may be used for garnish.

Stewing Fresh Fruits:

Wash fruit and, if necessary, pare, quarter and core. Cook in a covered kettle with a small amount of water until soft. The amount of water and sugar used is dependent upon the juiciness and sweetness of the fruit. If sugar is needed, add it towards the end of the cooking process, allowing only enough time for it to be thoroughly dissolved. Other flavoring may be added.

APPLE SAUCE

Follow directions for Stewing Fresh Fruits, above. Use about ½ c. of sugar for eight apples, unless apples are very tart, when more sugar is required. When apples are cooked, press through a sieve. A few grains of cinnamon or ground nutmeg or 1 tbsp. lemon juice will give additional flavor.

CRANBERRY SAUCE

Follow directions for Stewing Fresh Fruits, above, using 1 cup water, 1¼ c. sugar to 3 c. cranberries. Boil 10 minutes, strain and cool.

Stewing Dried Fruits:

Wash fruit thoroughly in several waters to remove all dirt from the creases. Soak for several hours—over night if possible—in sufficient cold water to fill out the skins to the natural outlines. Heat gradually in the water in which soaked. If sugar is needed, add it towards the end of the cooking process. If too much liquid is present when fruit is soft, remove fruit and cook liquid until a sufficient amount evaporates.

STEWED PRUNES

Follow directions for Stewing Dried Fruits, above, using 2 tbsp. sugar to 1 lb. prunes. Many prunes are so rich in sugar that a little lemon juice improves the flavor—about 1 tbsp. to 1 lb. of prunes. A little cinnamon also gives additional flavor.

Cooking Fruits in Syrup:

Pare and core sound fruit. Make a syrup by boiling for five minutes equal parts of sugar and water. Add the fruit and cook gently until tender. Remove fruit and boil syrup until of the right consistency.

APPLES IN SYRUP

Follow directions for Cooking Fruits in Syrup, above. A small amount of pink coloring may be added to the syrup before adding the fruit to color the apples a delicate pink. The cavity in the center of the apple may be filled with marshmallows cut in pieces, jelly, preserved fruits or nuts. These may be served with the meat course of a dinner or as a salad or a dessert. As a dessert, they are usually topped with a sauce or whipped cream.

PEARS, PEACHES OR BERRIES IN SYRUP

Follow directions for Cooking Fruits in Syrup, above. Pears require longer cooking than apples.

FIGS IN SYRUP

For 3 quarts of figs, use a syrup made from 1½ qts. of water and 1 qt. of sugar. Plunge figs in a solution of ½ c. soda and 3 qts. boiling water and allow to remain about 15 minutes or until water is cold enough to put hand into comfortably. Rinse figs twice in cold water. Drain and add to the boiling syrup. Cook until figs are clear and tender (about 2 hrs.).

Baking Fruit:

Wipe, and if necessary, pare and core the fruit. Place in an earthen or granite-ware baking dish, sprinkle with sugar and cover bottom of dish with boiling water. Bake in a hot oven until soft, basting every eight minutes with syrup in dish. Care must be taken that fruit does not lose its shape. Serve hot or cold, with or without sugar and cream.

BAKED APPLES

Follow directions for Baking Fruit, above. If apples are somewhat flat in taste, add a few gratings of nutmeg. The cavities in the center are often filled with jelly, preserved fruits or nuts.

BAKED PEARS

Follow directions for Baking Fruit, above, cutting the pears into quarters. Small pears may be baked whole. A longer time is required for cooking than is needed for apples.

BAKED QUINCES

Follow directions for Baking Fruit, above, cutting the quinces into quarters. Use ¾ c. of sugar to about 8 quinces, and cover with 1½ c. water. Quinces require a long time for cooking.

BAKED BANANAS

Follow directions for Baking Fruits, above, cutting the bananas lengthwise. Use 2 tbsp. butter, 1/3 c. sugar, 2 tbsp. lemon juice and 4 tbsp. water for baking six bananas.

BAKED PEACHES

Same as Baked Bananas, using ½ tsp. butter, 1 tsp. sugar, few drops of lemon juice for 6 peaches. Serve on circular pieces of buttered toast.

CEREALS

Grains or the seeds of grasses contain all the five foodstuffs in good proportion for the body use. The outer coating contains valuable vitamins and minerals, and also adds bulk to the diet. Therefore, use the whole grain cereals as much as possible. Long slow cooking is necessary in the cooking of cereals, to soften the cellulose and to cook the starch thoroughly.

General Directions:

The following table gives the proportions of ingredients and the time required for cooking, for some of the common cereals.

KIND	Amount of cereal	Water	Salt	Time
Corn meal	1 c.	4- 5 c.	1 tsp.	2-4 hrs.
Granular cereals (as grits, cream of wheat, etc)	1 c.	4- 6 c.	1 tsp.	½-1 hr.
Hominy	1 c.	4 c.	1 tsp.	3-5 hrs.
Oatmeal	1 c.	4 c.	1 tsp.	1-2 hrs.
Rice (boiled)	1 c.	8-12 c.	1 tsp.	20-30 min.
Rice (steamed)	1 c.	3- 4 c.	1 tsp.	45-60 min.
Rolled oats	1 c.	2- 3 c.	1 tsp.	45-60 min.
Macaroni	1 c.	8-12 c.	1 tsp.	30-40 min.

Stir cereal into right amount of boiling salted water, and cook over direct flame until the cereal thickens, stirring meanwhile to prevent burning. Cook over boiling water or in the fireless cooker as long as directed. In the case of boiled rice and macaroni, wash the cereal before cooking and cook over the direct flame the whole time. For steamed rice, wash, cook over direct flame for five minutes, and finish cooking in double boiler. When cooked put in a sieve and pour cold water over it to prevent the pieces from adhering.

For variety add to the more delicate cereals, such as cream of wheat, a few figs, dates or raisins, thoroughly washed and cut in quarters, or pour crushed fruit over the cereal before serving.

LEFT-OVER CEREALS

(1) Left-over cereals may be packed firmly in jelly tumblers, and later sliced, dipped in flour and fried. Syrup and butter may be served with the fried cereal.

(2) Cereals may also be used in griddle cakes and muffins.

(3) Cereals may be made into gruels by rubbing through a strainer while hot and adding an equal quantity of hot milk or cream and more salt. To give variety add a few raisins or a little shaved lemon rind to the hot milk or grate nutmeg over the top at serving time.

WHITE SAUCE

General Directions:

KIND OF SAUCE	INGREDIENTS				
	Milk	Butter	Flour	Salt	Pepper
No. I	1 c.	1 tbsp.	1 tbsp.	½ tsp.	few grains
No. II	1 c.	2 tbsp.	2 tbsp.	½ tsp.	few grains
No. III	1 c.	3 tbsp.	3 tbsp.	½ tsp.	few grains
No. IV	1 c.	4 tbsp.	4 tbsp.	½ tsp.	few grains

FIRST METHOD

Melt the butter, and when bubbling, add the flour and seasonings. Mix until smooth and blended. Add the milk, one-third at a time and stir after each addition until the sauce has thickened. When the boiling point is reached, remove from the fire and serve.

SECOND METHOD

Heat the milk in a double boiler, cream the butter and add the flour and seasoning. Pour the milk over this mixture and return to double boiler. Stir constantly until it thickens; then stir only occasionally, and cook 20 minutes.

THIRD METHOD

Mix the flour and seasoning with a little cold milk until a smooth paste is formed. Heat the remainder of the milk in a double boiler, add the butter and slowly pour in the paste, stirring constantly until sauce thickens. Cook for 20 minutes. Less butter may be used with this method, thus lessening the expense of the sauce.

USES OF WHITE SAUCE

White Sauce I—use as a basis for soups made from starchy vegetables, such as potatoes, peas, etc.

White Sauce II—use as a basis for soups made from other vegetables, such as asparagus, celery, etc., and for creamed vegetables and scalloped dishes.

White Sauce III—use for cutlets, croquettes.

White Sauce IV—use for cutlets, croquettes.

Variations for White Sauce:

KIND OF SAUCE	Milk	Cream	Stock	Boiling water	Butter	Flour	Salt	Pepper	Sugar	Mustard	Vinegar	Tomato juice	Horse radish	Lemon juice	Chopped olives	Grated cheese
Drawn butter	--	--	---	2 c.	8 tbsp.	4 tbsp.	½ tsp.	⅛ tsp.	---	---	---	---	---	---	---	--
For Beets	--	--	---	¾ c.	2 tbsp.	2 tbsp.	½ tsp.	⅛ tsp.	3 tbsp.	---	¼ c.	---	---	---	---	--
Brown	--	--	1½ c. *	--	4 tbsp.	4 tbsp.	?	?	---	---	---	---	---	---	---	--
Tomato	--	--	---	--	3 tbsp.	3 tbsp.	1 tsp.	⅛ tsp.	---	---	---	2 c.	---	---	---	--
Russian	--	¼ c.	1 c. **	--	2 tbsp.	2 tbsp.	?	?	---	⅛ tsp.	---	---	1 tsp.	1 tsp.	1 tsp.	--
Cheese	1 c.	--	---	--	1½ tbsp.	1½ tbsp.	½ tsp.	⅛ tsp.	---	¼ tsp.	---	---	---	---	---	½ c.

*—brown. **—white.

Combine ingredients according to directions given under First Method, above, substituting for the milk the various liquids called for in the preceding table and adding the special ingredients, such as cheese, at the last.

In the Brown, Tomato, and Russian sauce, the butter may be browned to add coloring, and in the tomato sauce, 2 tbsp. chopped onion, 2 cloves and a bit of bay leaf may be cooked with the tomato juice before straining to add flavor. If the stock used in the sauces has been previously seasoned, no more salt and pepper will be required.

CREAMED TOAST

6 slices stale bread	2 c. white sauce No. I

Remove crusts from bread if desired, and toast the slices to a golden brown on both sides. Drop slices of toast separately into sauce, remove to serving dish and pour remaining sauce over all.

As a variation, add to the white sauce hard cooked eggs cut in small pieces, or add the whites cut in pieces, mashing the yolks and sprinkling over the top. Chopped meats or vegetables may be substituted for the eggs.

CREAM SOUPS AND PUREES

A cream soup has the consistency of thick cream, and a puree is twice as thick. They are made with white sauce or other thickened liquid as the basis to which vegetable or fish pulp and liquid are added. The liquid may be milk, water, cream or the water in which the vegetables were cooked, while the fat may be butter, butter substitute, drippings or cream. The general proportions for cream soups are 1 c. vegetable pulp to 1 qt. white sauce No. I or No. II depending on the vegetable used. For example, in making cream of potato soup, use white sauce No. I; but in making cream of celery soup use white sauce No. II. The potato contains starch which is a thickening agent while celery contains no thickening agent.

General Directions:

Cook the vegetable or fish, and press through a sieve. Make a sauce using directions for white sauce, and add the thinner liquid to the thicker. Heat thoroughly and serve immediately. Vegetable pulp curdles the milk, if the soup is allowed to stand any length of time. If eggs are used, add hot liquid slowly to the eggs and serve immediately. The following table indicates the correct proportions for several of the more common cream soups.

Name	White Sauce	Veg. Pulp	Onion	Celery Salt	Parsley	Soda
Potato	1 qt. No. I	¾ c.	2/3 tbsp. chopped	¼ tsp.	2 tsp. chopped	------
Corn	1 qt. No. I	1 c.	1 tbsp. chopped	-------	--------	------
Celery	1 qt. No. II	1½ c.	----------	-------	--------	------
Asparagus	1 qt. No. II	1 c.	----------	-------	--------	------
Spinach	1 qt. No. II	1 c.	----------	-------	--------	------
Cauliflower	1 qt. No. I	1 c.	----------	-------	--------	------
Onion	1 qt. No. II	1 c.	----------	-------	--------	------
Tomato bisque	1 qt. No. II	1½ c.	----------	-------	--------	⅛ tsp.

Prepare according to directions. If onion is used, cook it in the melted butter, when making the white sauce, until light brown, remove and proceed according to rule. Wherever possible, use the liquid in which the vegetables were cooked in place of part of the milk in making the white sauce. Chopped parsley, if used, is always added just before serving. In making tomato bisque the soda is added to the strained tomato while hot to neutralize the acid. Then slowly add the hot strained tomatoes to the white sauce and serve immediately. The soda is not necessary if the tomatoes are added very slowly to the white sauce. In making asparagus soup, the tips may be saved and a few placed in each plate before serving.

TOMATO SOUP

1 qt. tomatoes	1 tbsp. sugar
2 c. water	⅛ tsp. soda
12 peppercorns	4 tbsp. butter
bit of bay leaf	4 tbsp. flour
4 cloves	1 tsp. salt
1 tbsp. onion	¼ tsp. pepper

Cook slowly the first seven ingredients for 30 minutes. Strain and add soda. Combine last four ingredients as for white sauce, add tomatoes and when mixture reaches boiling point, serve.

CREAMED VEGETABLES, MEAT OR FISH

2 c. white sauce No. II	4 c. vegetables, meat or fish

Pour white sauce over cooked vegetables, heat thoroughly and serve. Two kinds of vegetables can be combined for one dish, such as carrots and peas, and other sauces can be used in place of the white sauce. Cooked meat or fish cut up in small pieces may be used in the the same way, or with a brown sauce substituted for the white sauce.

VEGETABLES

Vegetables include all plants used for food with the exception of fruits and grains. Like fruits they contain valuable minerals and vitamins and the cellulose present gives the needed bulk to the diet. In the leguminous plants such as beans, peas and lentils there is a large amount of protein, so that they can be used to some extent in place of flesh foods.

The various parts of the plant are used for the different vegetables, and some can be eaten raw while others need cooking to make them easily digested.

Tubers—Irish potatoes.
Roots—Sweet potatoes, turnips, carrots, beets and radishes.
Bulbs—Onions, shallots.
Stems—Asparagus, celery.
Leaves—Spinach, cabbage, beet greens and lettuce.
Flowers—Cauliflower.
Fruit—Beans, corn, okra, egg-plant, squash and tomatoes.

Vegetables should be used as soon after gathering as possible. If they must be stored, spread them out in a cool, dry, well ventilated cellar, or place in the ice-chest.

The green, leafy vegetables may be kept by sprinkling them with water and placing in a closely covered tin pail. Wilted vegetables can usually be freshened, if placed in cold water for a time.

If canned goods are used, buy brands that are put up by reliable firms. Empty contents from can as soon as opened, and expose to the air for a short time, to reoxygenate the product, and in the case of such vegetables as tomatoes, to restore the color also.

In using dried vegetables soak for several hours before cooking to restore the moisture.

General Directions:

TIME TABLE FOR VEGETABLES

	Minutes		Minutes
Irish Potatoes	25-30	English Peas	20-40
Sweet Potatoes	25-30	Butter Beans	30-40
Carrots	35-45	Green Corn	5-10
Turnips and Rutabagas	45	Cauliflower	20-30
Beets (young)	45	Celery	20-30
Beets (old)	120	Spinach	20
Tomatoes	20-30	Turnip Greens	30-60
New Cabbage	20	Collards	45-60
Old Cabbage	60-120	Asparagus	20-30
Summer Squash	20	Onion	45-60
String Beans	30-50	Oyster Plants (Salsify)	30-50

Wash vegetables with a small scrubbing brush, if possible, and pare or scrape, if skins are to be removed. If vegetables must be prepared before the time of cooking, let them soak in cold water to prevent discoloration and to keep them crisp. Avoid soaking, if possible, as much of the goodness is lost in this way. Cook only until tender in just enough salted boiling water to cover, allowing 1 tsp. of salt to 1 qt. of water. Do not overcook vegetables. For peas and beans add the salt the last half hour of cooking, as the salt tends to toughen them. The time table for vegetables is only a guide, since the time for cooking the same vegetable varies accordingly to the freshness and age. Cook cabbage, cauliflower, yellow turnips, etc., uncovered in plenty of water to avoid any strong odors. Drain all vegetables as soon as tender, season with salt and pepper, if necessary, and add butter or a sauce. Use the water in which vegetables are cooked for sauces and soups. Use cold vegetables for soups, scalloped dishes or salads.

ASPARAGUS

Cut off the lower ends of the stalk as far down as they will snap, wash, remove scales and tie in a bunch. Cook according to General Directions, above, leaving tips out of water the first ten minutes. Drain, remove string and spread with butter. Asparagus is sometimes cut in pieces for boiling, cooking tips a shorter time than stalks. Asparagus may be served on toast, using some of the water in which it was cooked to moisten the toast, or it may be served with white sauce No. I allowing one cup of sauce to each bunch of asparagus. Substitute the water in which the asparagus was boiled for part of the milk in the white sauce.

STRING BEANS

Remove strings, cut in inch pieces. Wash and cook according to General Directions, above. Drain and season with butter and salt.

BUTTER BEANS

Wash and cook according to General Directions, above. Serve with butter or a sauce. If dried beans are used, soak in water for several hours before cooking.

BOSTON BAKED BEANS

2 c. navy beans
⅛ lb. salt pork
1½ tsp. salt
½ tsp. mustard
⅛ tsp. soda
4 tbsp. molasses

Wash beans, pick over and soak over night. In the morning drain, cover with cold water and parboil about ½ hr. Test by blowing on a few beans in a spoon, if the skins curl back they are done. Drain, place in an earthenware pot, add the salt pork that has been washed and gashed across the top, and the other ingredients. Fill the pot with hot water, cover, and bake 6 or 8 hours. Renew the water as it cooks away, until the beans are nearly done, then let the water almost cook away.

BEETS

Wash and cook whole, leaving on 2 or 3 inches of the top to prevent bleeding or losing color. Plunge into cold water, slip off the skin, slice, reheat and add seasoning, or dice and let stand in Sauce for Beets a few minutes before serving. Beets may be served cold with vinegar.

CABBAGE

Cut cabbage in quarters and soak in cold, salted water for ½ hour to draw out any insects. Cook according to General Directions, above, and serve with the usual seasonings or with white sauce No. II. The cabbage may be chopped before cooking.

CABBAGE WITH RICE

2 c. finely chopped cabbage
1 c. cooked rice
2 thin slices of bacon
1 tsp. chopped parsley
½ c. tomatoes
salt to taste

Cut bacon in small pieces and cook with cabbage in boiling salted water until cabbage is tender. Add cooked rice, chopped parsley, tomatoes, and salt. Cook 10 to 15 minutes. "Food for Club Girls"—Extension Service, Alabama Polytechnic Institute.

CAULIFLOWER

Cut off stalk and outer leaves and soak head down 30 minutes in cold water. Cook head up until tender. Drain and serve with the usual seasonings or with white sauce No. II. For variety ½ c. grated cheese may be added to 2 c. of white sauce.

CELERY

Wash, scrape and cut in ½ inch pieces. Cook according to General Directions, above. Drain and serve with white sauce.

COLLARDS

Remove crushed leaves and roots from collards and wash in several waters until clean. Cook according to General Directions, above, drain and reheat with butter, salt and pepper.

BOILED GREEN CORN

Remove husks and silky threads and cook according to General Directions, above. Place on platter covered with napkin, or cut from cob and season with butter and salt.

CORN FRITTERS

1 can corn
1 c. flour
1 tsp. baking powder
2 tsp. salt
¼ tsp. paprika
2 eggs

Chop corn, drain, and add dry ingredients mixed and sifted, then add yolks of eggs beaten until thick, and fold in whites of eggs beaten stiff. Cook in a frying pan in hot fat. Drain on paper.

CORN A LA SOUTHERN

1 can corn
2 eggs
1 tsp. salt
⅛ tsp. pepper
1½ tbsp. melted butter
2 c. scalded milk

Chop corn, add eggs slightly beaten, and the other ingredients. Turn into a buttered pudding dish, and bake slowly until firm.

STUFFED EGG PLANT

Cook egg plant fifteen minutes according to General Directions, above. Cut a slice from top, and remove pulp taking care not to work too closely to skin. Chop pulp and add 1 c. soft stale bread crumbs. Melt 2 tbsp. butter, add ½ tbsp. finely chopped onion and cook 5 minutes. Add to chopped pulp and bread, season with salt and pepper and if too dry add a little water. Cook 5 minutes, cool slightly and add one beaten egg. Refill egg plant, cover with buttered crumbs and bake 25 minutes in a hot oven.

FRIED EGG PLANT

Peel and cut in half inch slices; sprinkle with salt and pepper; pile them and place a weight over them for an hour, tipping the plate that the juice may drain away. Dry each slice by rolling in seasoned flour, and saute slowly until crisp, or after rolling in flour, dip in egg and crumbs and fry in deep fat.

OKRA

Cut stems to the tender part of pod and cook according to General Directions, above. Drain and add butter, a taste of vinegar, salt and pepper. Simmer slowly until they are thoroughly seasoned.

ONIONS

Peel under cold water, cover with boiling water and boil 5 minutes. Drain, cover again with boiling water and boil until tender. Drain well, add butter, salt, pepper, and a little milk or serve with white sauce No. II. A glazed appearance may be given the onions by putting onions that have been parboiled for 15 minutes into a buttered baking dish, adding highly seasoned brown stock to cover the bottom of dish, sprinkling with sugar and baking until soft.

OYSTER PLANT (SALSIFY)

Wash, scrape and put into cold acidulated water to prevent discoloration. Cut in inch pieces and cook according to General Directions, above. Drain and serve with white sauce No. II.

RUTABAGAS

Prepare and cook according to General Directions, above. Mash and season with salt, pepper and butter, or cut into small pieces and serve with white sauce.

SPINACH

Remove crushed or yellow leaves and roots from spinach and wash in several waters until perfectly free from grit. Cook according to General Directions, above. Drain, chop fine and reheat with 2 tbsp. butter, 1 tsp. salt, 1/8 tsp. pepper. Garnish with hard boiled eggs. For variety pour over spinach a thick white sauce.

SUMMER SQUASH

Wash and cut in thick slices. Cook according to General Directions, above. Drain through a cheesecloth placed over colander, and wring cheesecloth. Mash, season with salt, pepper and butter.

STEWED TOMATOES

Plunge tomatoes into boiling water to loosen skin, drain, peel, and cut in small pieces and cook over a moderate heat. Slow cooking improves the flavor. Season with salt, pepper and butter. A little onion may be cooked with the tomatoes.

FRIED TOMATOES

Cut in halves and dust each surface with salt, pepper, sugar and fine bread crumbs. Brown tomatoes on both sides in a hot buttered frying pan. Drop bits of butter between them and stand over a moderate fire to cook very slowly. When tender serve hot.

BROILED TOMATOES

Slice and broil over a hot fire. Serve with melted butter.

SCALLOPED TOMATOES

Put in a dish alternate layers of buttered crumbs and sliced tomatoes. Sprinkle with pepper, salt and sugar. Spread crumbs and butter over top and bake one hour.

TURNIP GREENS OR TURNIP SALAD

Remove crushed or yellow leaves and roots from greens and wash in several waters until perfectly clean. Cook according to General Directions, above. Drain, chop, and reheat with butter, salt, and pepper. Meat may also be cooked with the greens. The liquid or pot liquor that remains after cooking may be used for soups and sauces.

BOILED POTATOES

Wash and scrape new potatoes but do not peel. Cook according to General Directions, above. When done drain and shake over fire for a few minutes to dry thoroughly. Season with salt, pepper, and butter. With new potatoes chopped parsley is often added.

Winter potatoes should be peeled instead of scraped to remove the skins.

BAKED POTATOES

Wash potatoes of uniform size and bake in a hot oven until soft when pressed. Prick or break skin to let moisture escape before serving.

MASHED POTATOES

6 medium sized potatoes	½ tsp. salt
3 tbsp. butter	⅛ tsp. pepper
1/3 c. hot milk	

Boil potatoes, mash until smooth, and add butter, salt, pepper and milk. Beat until light and pile lightly in a hot dish. Two stiffly beaten whites of eggs may be folded into potatoes and the potatoes put into a baking dish and browned in the oven.

STUFFED POTATOES

Bake potatoes and with a sharp knife remove top from the broad side, remove all the inner part, leaving the skin intact. Prepare as for mashed potatoes, refill skins lightly, and brown in oven.

For variety use one half as much meat, fish, etc., as potatoes or a little grated cheese.

SCALLOPED POTATOES

Wash, pare, and cut potatoes into ¼ inch slices. Put a layer in buttered baking dish, sprinkle with salt, pepper, dredge with flour and dot over with butter. Repeat until dish is nearly full. Add hot milk until it may be seen through the top layer. Bake in a moderate oven from 1½ to 2 hours, or until potatoes are soft.

Cold potatoes cut in cubes may be used with half the amount of white sauce No. II. Cover with buttered crumbs and place in the oven to reheat mixture and brown crumbs.

FRANCONIA POTATOES

Wash, pare potatoes and parboil 10 minutes. Drain and put in pan in which meat is roasting and baste at the same time as the meat. It usually takes medium sized potatoes about 50 minutes to cook this way.

FRENCH FRIED POTATOES

Pare potatoes and soak in cold water for about an hour. Cut in slices, blocks, strips, balls, or any fancy shapes, dry on a towel, and fry in hot fat. The fat must be just hot enough to cook the potatoes by the time they are brown. Drain on brown paper, sprinkle with salt and pepper and serve hot.

POTATO CROQUETTES

Add to recipe for Mashed Potatoes, above, one beaten egg and ¼ tsp. onion juice. Form while hot into balls. Dip in crumbs, then in egg, and finally in crumbs again and fry in deep fat until a golden brown. Garnish with parsley or serve with a thick white sauce. Peanut butter may be used in place of the butter, using 4 tbsp.

SWEET POTATOES

Sweet potatoes are prepared and cooked as white potatoes and may be served boiled with skins on or off, mashed, baked, fried, or made into croquettes. In making sweet potato croquettes, ½ c. chopped nuts or peanuts are added to the potato mixture.

CANDIED OR GLAZED SWEET POTATOES

Wash and pare six medium sized potatoes. Cook 15 minutes in boiling salted water, drain, cut in halves lengthwise or in three pieces, if potatoes are large. Put into a buttered baking dish in two layers, baste with a syrup made by boiling for 3 minutes, ½ c. sugar, 4 tbsp. of water, and 2 tbsp. butter. Bake until brown. Cold boiled potatoes may be prepared in the same way or brushed with butter and sauted.

SWEET POTATO SOUFFLE

2 c. cooked and mashed potatoes
½ tsp. salt
2 eggs
¼ c. raisins
marshmallow
1 c. hot milk
2 tbsp. sugar
2 tbsp. butter
1 tsp. nutmeg
¼ c. broken nut meats

Left over boiled or baked sweet potatoes may be used. Press through a vegetable press or mash well. Scald the milk, dissolve in it the sugar and salt, and add butter, stirring until melted. Add this mixture to potatoes, mix and beat until smooth. Separate the eggs and beat yolks well. Add them to the potato. Add the nutmeg. Beat whites stiff, cut and fold them lightly into potato and pour mixture into a buttered baking dish. Quickly arrange the marshmallows ½ inch apart on the top with raisins between. Place in a moderate oven and bake until souffle is set and marshmallows are toasted delicately. Serve at once. "Sweet Potatoes on the Table"—Florida State College for Women.

SCALLOPED DISHES

A scalloped dish is a combination of cooked or uncooked material with buttered crumbs, seasoning and usually some liquid such as a sauce, milk or water. The material is arranged in layers in a baking dish, covered with buttered crumbs, and placed in the oven to brown the top layer of crumbs and to reheat or cook the whole according to whether the main ingredient is cooked or uncooked.

If the main ingredient is cooked a hot oven is required; if it is uncooked a medium oven is required and the dish should be covered during the first half of the baking time.

The baking dish should always be buttered and sprinkled with a few crumbs to prevent the material from sticking.

General Directions:

FIRST METHOD

When material is dry, such as vegetables, meat, fish, etc., mix with a sauce and seasoning. Sprinkle a few crumbs in the bottom of the buttered dish, pour in the mixture, cover with buttered crumbs and bake.

SECOND METHOD

When material has moisture of its own, as in the case of oysters, apples, etc., place it in the dish in two layers, putting seasoning and buttered crumbs between the layers and on top. If a little liquid is used to start the cooking process, add it before putting on top layer of crumbs.

BUTTERED CRUMBS

1 tbsp. butter
⅛ tsp. salt
1/16 tsp. pepper
1 c. crumbs

Use stale bread or dry crackers for crumbs, making the crumbs fine and as nearly the same size as possible. Melt the butter in a saucepan, add seasoning and then the crumbs. Toss lightly with a fork until evenly coated with butter.

SCALLOPED MEAT, FISH OR VEGETABLES

Cut cooked meat or vegetables into cubes, separate fish into large flakes. For 2 c. of well seasoned material allow 1 c. white sauce No. II and 1½ c. buttered crumbs. Prepare according to First Method, above, and bake about 20 minutes.

SCALLOPED TOMATOES

1 qt. tomatoes
2 tbsp. finely chopped onion
2 tsp. salt
⅛ tsp. pepper
2 tbsp. sugar
2 tbsp. butter
3 c. buttered crumbs

Cook tomatoes and onions slowly in an uncovered saucepan for ½ hour. There should be one pint of the mixture after cooking. Add seasoning, prepare according to First Method, above, and bake about 20 minutes.

SCALLOPED OYSTERS

1 solid pt. oysters
1/16 tsp. cayenne
¾ tsp. salt
3 c. buttered crumbs

Slip oysters through fingers to remove bits of shell. Prepare according to Second Method, above, using oyster liquor for moisture, and bake about 20 minutes. Oysters cook so quickly that they require only the time given for cooked material.

SCALLOPED APPLES

1 qt. chopped apples
1 c. brown sugar
½ tsp. cinnamon
¼ tsp. cloves
¼ tsp. nutmeg
⅛ tsp. salt
½ grated lemon rind
2 tbsp. lemon juice
1/3 c. water
1 qt. buttered crumbs

Prepare according to Second Method, above, baking ¾ to 1 hour.

SCALLOPED BANANAS

8 bananas, peeled and sliced
½ c. sugar
⅛ tsp. salt
¼ c. lemon juice
¼ c. water
3 c. buttered crumbs

Prepare according to Second Method, above, baking ¾ to 1 hour. Both scalloped bananas and scalloped apples make a good accompaniment to roasted meats. They may be made a little sweeter and served with a sauce as a dessert.

EGGS

Eggs are rich in protein and rank next to milk among the tissue building foods. They are also rich in fat and contain vitamins which stimulate growth, as well as such minerals as iron, phosphorus and calcium.

General Directions:

Keep eggs in a cool dry place. Always wash them before using. Break eggs separately into a saucer. If the whites only are used the yolks may be kept from hardening by covering with water, if unbroken, or with paraffin paper or several thicknesses of damp cheese cloth pressed firmly over the top of the bowl or cup.

Fresh eggs will sink quickly to the bottom of a pan of water. Stale eggs will sink more slowly or, if deteriorated sufficiently, will rise to the surface.

Eggs Cooked in Shell:

SOFT BOILED EGGS

Place eggs in enough boiling water to cover, put lid on pan and boil 3 minutes. Serve in heated cups with salt to taste.

SOFT COOKED EGGS

Place eggs in enough boiling water to cover, put lid on pan and remove from fire. Let stand 8 to 10 minutes. Serve in heated cups with salt to taste.

HARD BOILED EGGS

Place eggs in enough boiling water to cover, put lid on pan and boil 10 minutes.

HARD COOKED EGGS

Use directions for soft cooked eggs, let the eggs stand in the water 30 to 40 minutes. Be sure that the water is kept hot, but not boiling during that time.

Eggs Cooked out of Shell:

POACHED EGGS

Break each egg into a saucer, slip into boiling water and remove pan to back of stove where water will not boil. Let stand until the white of the egg is coagulated and a thin film is formed over the yolk. The process is hastened if the pan is covered.

SCRAMBLED EGGS

6 eggs
¾ tsp. salt
2 tbsp. butter
¼ tsp. pepper
6 tbsp. milk

Beat eggs just enough to mix yolks and whites. Add the milk and seasoning. Melt the butter in a pan, add other ingredients and stir until mixture is just coagulated. Serve on toast if desired. This mixture may be cooked in a double boiler.

For variety, substitute stewed and strained tomatoes for the milk.

PLAIN OMELET

Use the same ingredients as for scrambled eggs, above. Water may be substituted for the milk. Separate the eggs, and beat the yolks until thick and lemon colored. Add seasoning and liquid. The liquid may be heated before adding. This partly cooks the eggs and the omelet is less likely to separate. Beat the whites stiff, but not dry, fold them into the mixture and pour into a heated omelet pan greased with the butter. Spread the mixture evenly and cook over a moderate heat. When the omelet is well "puffed" and delicately brown underneath, put it into a hot oven a moment to dry slightly on top. The omelet is done when it is firm to the touch. Fold one-half the omelet over the other, folding at right angles to the handle of the pan, turn out on a hot platter and serve.

FRENCH OMELET

Use same ingredients as for scrambled eggs, above. Beat eggs just enough to blend the yolks and whites, add seasoning and liquid, and pour into an omelet pan greased with the butter. Let cook very slowly and as it cooks prick and pick up with a fork to allow the uncooked part to run underneath. When creamy and brown on bottom, fold and turn onto a hot platter. Serve hot.

OMELET VARIATIONS

1. Mix 2 tbsp. chopped parsley with yolks.
2. Add to the yolks ¼ c. bread crumbs soaked in ¼ c. of milk.
3. Before folding spread the lower half of omelet with stewed tomatoes seasoned with onions, etc., or creamed chicken, or asparagus tips, or a thick white sauce. When stewed tomatoes are added it is called "Spanish omelet."
4. A dessert may be made by omiting pepper, spreading omelet with jelly or fruit and sprinkling with powdered sugar. Orange juice may be substituted for the milk and the warmed pulp served with the omelet.

BAKED EGGS

Break the eggs into a buttered dish, sprinkle with salt and pepper and add a little cream or milk. Bake in a moderate oven until the eggs have set. Cheese may be grated over the eggs and buttered crumbs added for variety.

SOUFFLES

Kinds of Souffle	INGREDIENTS								
	Butter	Flour	Milk	Cream	Eggs	Cheese	Veg. Pulp	Ground Cooked Meat	Salt	Cayenne
Egg	2 tbsp.	2 tbsp.	1 c.	1 c.	4	------	-----	-----	1 tsp.	few grains
Cheese	2 tbsp.	3 tbsp.	½ c.	---	3	¼ c. grated	-----	-----	½ tsp.	few grains
Veg.	2 tbsp.	3 tbsp.	½ c.	---	3	------	½ c.	-----	½ tsp.	few grains
Meat	2 tbsp.	3 tbsp.	½ c.	---	3	------	-----	½ c.	½ tsp.	few grains

Make a white sauce from the butter, flour, liquid and seasonings. Add the cheese, vegetable pulp or ground, cooked meat. Remove from fire and add yolks of eggs beaten until thick and lemon colored. Cool mixture, cut and fold in white of eggs beaten until stiff. Pour into a buttered baking dish and bake 20 minutes in a moderate oven. Serve at once. When vegetable pulp is used two vegetables can be combined, such as peas and carrots, using ¼ c. of each.

SAUTED EGGS

Melt 1 tsp. fat in a frying pan; do not let it get very hot; slip egg carefully into the pan. Sprinkle salt over egg and cook slowly until white is firm. Serve at once. A little water added to the melted fat before putting in eggs will give a more tender product. "Food for Girls' Clubs"—Extension Service, Alabama Polytechnic Institute.

EGGS A LA KING

4 hard-cooked eggs
2 c. milk or cream
4 tbsp. flour
4 tbsp. butter
½ can pimentos cut in strips
¼ c. mushrooms sliced and sauted
1 tsp. salt

Cut eggs in quarters and arrange on slices of toast. Make a white sauce of the milk, flour and butter. Add the other ingredients and pour over eggs.

STUFFED EGGS

6 hard-cooked eggs
1 tsp. butter
¼ tsp. mustard
¼ tsp. pepper
¼ tsp. salt
vinegar

Cut eggs in halves crosswise, remove yolks, and mash, adding the other ingredients. Just enough vinegar is used to make a paste. Fill whites, smooth the tops, and serve on a bed of parsley or lettuce. If desired, the stuffed eggs may be put in a dish, 1½ c. of white sauce added and the whole reheated in oven. The stuffing may have a little chopped ham or tongue added to it.

CHEESE

Cheese is a concentrated protein food. It should be eaten in small quantities and chewed well. Do not add it to an already adequate meal. For instance, cheese and meat should not be served together. Both are tissue building foods. The cheese should be used as a substitute for the meat.

Cheeses vary according to the ingredients, method of ripening and seasoning. They may be grouped thus:

1. Hard cheese, such as Cheddar, Edam, or Swiss.
2. Soft cheese, such as Camembert or Neufchatel.
3. Very soft cheese, such as cottage cheese.

Use a soft cheese for the recipes; if too fresh to grate easily, cut into small pieces so that it will melt evenly and quickly. Keep cheese covered and in a cool place.

WELSH RAREBIT

1 tbsp. butter
2 c. grated cheese
¼ c. milk
½ tsp. salt
½ tsp. mustard
few grains cayenne
1 egg

Beat egg and mix with seasonings. Melt butter in top of double boiler or chafing dish, add milk and cheese. When cheese is melted add egg mixture, and cook until it thickens, stirring constantly. Serve on toast or crackers.

TOMATO RAREBIT

2 tbsp. butter
2 tbsp. flour
½ c. thin cream
½ c. stewed and strained tomatoes
⅛ tsp. soda
2 c. grated cheese
½ tsp. salt
½ tsp. mustard
few grains cayenne
2 eggs

Mix the eggs with the salt, mustard and cayenne. Add the soda to the tomatoes. Make a white sauce of the first three ingredients, add tomatoes and cheese, stirring constantly. When cheese is melted add egg mixture, cooking and stirring until it thickens. Serve on toast or crackers.

CHEESE FONDUE

1 c. scalded milk
1 c. soft stale bread crumbs
1 c. grated cheese
1 tbsp. butter
½ tsp. salt
3 eggs separated

Mix the first five ingredients and pour over the beaten yolks. Fold in the beaten whites and bake in a buttered baking dish 20 minutes in a moderate oven.

CHEESE BALLS

1½ c. grated cheese
1 tbsp. flour
¼ tsp. salt
few grains cayenne
3 whites of eggs
cracker dust

Mix the first four ingredients and fold the beaten whites into the mixture. Shape into balls, roll in cracker dust, fry a golden brown in deep fat and drain on brown paper. Serve with salad.

CHEESE STRAWS

1 tbsp. butter
2/3 c. flour
1 c. fresh bread crumbs
1 c. grated cheese
¼ tsp. salt
⅛ tsp. pepper
few grains cayenne
2 tbsp. milk

Mix flour, crumbs, cheese and seasoning. Cream butter, add the mixture to it and then the milk. Work together thoroughly to form a paste. Roll ¼ in. thick and cut in narrow strips. Bake in a moderate oven for 10 minutes.

CHEESE AND NUT ROAST

1 c. grated cheese	1 tbsp. butter
1 c. chopped nuts	juice of ½ lemon
1 c. bread crumbs	¼ tsp. salt
2 tbsp. chopped onions	⅛ tsp. pepper

Cook onion in butter and a little water until tender. Mix the other ingredients and moisten with the water in which the onion has been cooked. Pour into a shallow baking dish and brown in the oven. "Use and Preparation of Food"—Federal Board for Vocational Education, Washington.

MACARONI AND CHEESE

Put layers of boiled macaroni in buttered baking dish with grated cheese between and on top. Pour over it white sauce No. II, cover with buttered crumbs and bake until crumbs are brown.

COTTAGE CHEESE

Method I. Heat 1 qt. sour milk to 100 degrees F. for 20 or 30 minutes and turn it into a strainer lined with cheese cloth. Pour hot water on it several times, gather cheese cloth together like a bag and let it hang until it is free from whey. Moisten cheese with melted butter and cream, and season with salt. Shape into balls or mould and keep in a cool place.

Method II. Heat a qt. of sweet milk to 100 degrees F. and add one junket tablet that has been powdered and dissolved in 1 tbsp. cold water. Let stand in a warm place to set, then proceed according to Method I.

MEAT

Meat is the flesh of animals used as food. It should be uniform in color, and firm and elastic to the touch. The tender cuts are the more expensive, but the less tender cuts, which are the cheaper, are the more nutritious.

Remove meat from paper as soon as it comes from the market and keep in a cool place. Before using wipe with a damp cloth, but never let meat stand in water as this will draw out the juices.

The cooking of meat gives one of two results; it retains or extracts the juice.

To retain the juice, sear the meat by direct contact with the fire, or by placing in a hot pan or boiling water. The temperature is lowered for further cooking. In the process of searing, the albumen, which is a form of protein, coagulates on the outside of the meat and the inside is cooked in its own juices.

To extract the juice, cut the meat in small pieces, thus exposing as much surface as possible, and soak the pieces in cold water. This process is used in making soups. To extract only a part of the juice, the meat is cut in larger pieces than those used for extracting all the juice, and they are soaked in cold water only a few minutes and then heated slowly. As soon as the boiling point is reached the albumen coagulates on the outside of the meat and the rest of the juice is retained. This method is used in making stews.

Cooking Meats to Retain Juice:

TIME TABLE FOR ROASTING

Beef:	Less than 8 lbs. allow 10 minutes to the lb. and 10 minutes extra to heat through. 8-10 lbs. allow 12 min. to the lb. and 12 min. extra. Over 12 lbs. allow 15 min. to the lb. and 15 minutes extra.
Mutton or Lamb:	Allow 20-25 min. to the lb. and 20 min. extra.
Veal and Pork:	Allow 25-30 min. to the lb. and 20 min. extra.

TIME TABLE FOR BROILING OR PAN BROILING

Steak, 1 in. thick	4- 6 minutes
Steak, 2 in. thick	12-15 minutes
Chops, 1 in. thick	5- 7 minutes
Chickens	20-30 minutes
Ham, ½ in. thick	3 minutes
Liver, ½ in. thick	5 minutes

ROASTING

Wipe and trim meat, put skin-side down on a rack in a dripping pan, and rub with salt. Dredge the pan and meat with flour and place pieces of fat from the meat in the pan. Place all in a hot oven to sear the outside of the meat and brown the flour. Then reduce heat and every ten minutes baste the roast with the fat in pan. When meat is about half done, turn it over that skin may be uppermost for final browning and dredge with flour. Do not add any water to pan unless there is danger of burning. See Time Table for Roasting, above.

ROLLED STEAK

1 lb. round steak 1 in. thick
1 c. soft stale crumbs
1 tbsp. butter (melted)
1 tbsp. chopped parsley
1 tsp. salt
few grains cayenne
¼ c. stock or water enough to moisten

Wipe steak, sprinkle with flour, and pound flour into it. Mix other materials and spread on steak, keeping mixture 1 in. from edge to prevent squeezing out. Roll up steak, tie securely and roast. The onion may be omitted or other vegetables added.

GRAVY

If no water has been added to pan remove fat except 4 tbsp. Add 4 tbsp. flour and, when frothy, pour in slowly 2 c. boiling water, stirring constantly, and cook two or three minutes. Season and strain.

If water has been added to pan skim off extra fat. Mix flour with a little cold water and when smooth pour into the hot liquid, stirring all the time. Season and strain.

BROILING

Wipe meat and remove extra fat. Thoroughly grease broiler with a piece of fat, put in the steak or chops and broil over a clear fire or near a gas flame, turning every 10 seconds after searing. See Time Table for Broiling, above. Season and serve on a hot platter.

BROILED SMOKED HAM

Soak thin slice of ham one hour in lukewarm water. Drain, wipe and follow directions for Broiling, above, using time table.

BROILED LIVER

Cover liver, cut in ½ in. slices, with boiling water, let stand 5 minutes to draw out the blood. Drain, wipe, and remove the thin outside skin and veins. Sprinkle with salt and pepper and follow directions for Broiling, above, using time table.

PAN BROILING

Wipe and remove extra fat from meat. Heat a frying pan until hot enough to instantly evaporate a drop of water sprinkled upon it.. Do not grease pan. Put meat into pan and sear on both sides, turning until cooked. Do not stick a fork into the puffed meat as this will break the seared surface and release the juices. Stand chops on edge to brown. Keep pan free from fat to prevent frying. See Time Table for Broiling, above.

HAMBURG STEAK

1 lb. chopped meat
1 tsp. salt
½ tsp. pepper
1 tsp. onion juice
1 tsp. finely chopped parsley

Mix thoroughly and form into round cakes, using 2 tbsp. for each cake. Broil or pan broil and serve hot. Garnish with parsley.

MEAT LOAF

Use recipe for Hamburg Steak, make into one large loaf and bake as a roast, basting with butter or beef drippings. Bake ½ to ¾ of an hour. Serve with tomato sauce.

BOILED SMOKED HAM OR TONGUE

Scrape meat and scrub well with brush. Soak over night in cold water. Put into fresh cold water and heat gradually until water bubbles. Simmer until tender and allow meat to cool in cooking water. Remove skin.

BAKED HAM

Follow directions for Boiled Smoked Ham, above, and after removing skin sprinkle with bread crumbs and brown sugar. Stick whole cloves into the surface at frequent intervals and brown in oven. It may be basted with ¼ c. brown sugar dissolved in ½ c. vinegar.

BAKED SLICED HAM

1 slice of smoked ham
about 1 in. thick
1/3 c. brown sugar
1½ c. milk
¼ tsp. cinnamon

Rub the ham on both sides with the sugar and cinnamon and place in a baking dish or casserole. Pour milk around it and bake until tender.

BEEF STEW

2 lbs. beef
2 tbsp. finely
chopped onion
½ c. diced turnips
¾ c. diced carrots
2 c. potatoes cut in
½ in. slices
2 tsp salt
¼ tsp. pepper
½ c. flour mixed with
½ c. cold water
1 qt. water or
3 c. water and
1 c. tomatoes

Wipe meat, remove fat, cut in 1 in. pieces, put aside about one-fourth of the best pieces, and put the remainder into the qt. of liquid. Melt fat in a frying pan, remove scraps, and brown onion. The onion may be added to the stew or discarded according to taste. Take the meat that was put aside, roll it in flour and brown in hot fat. Add to stew and rinse out pan with a little of the water to get all the flavor and color. Heat stew until it bubbles, then simmer for 2 or 3 hours, or until meat is nearly tender. Add vegetables and seasonings. About 10 min. before serving add flour mixed with water slowly to stew, stirring all the time until stew thickens. The browning of part of the meat may be omitted as this is only for flavor and color. Dumplings may be added 15 min. before thickening stew. Remove the dumplings when done and keep hot until served.

DUMPLINGS

2 c. flour
4 tsp. baking powder
2/3 c. milk
2 tsp. butter
½ tsp. salt

Mix and sift dry ingredients. Work in butter with tips of fingers, and add milk gradually, enough to make a soft dough. Drop spoonfuls of the dough on the stew, cover kettle and steam 12 min. Remove any excess liquid from the stew before adding dumplings so that they may rest on meat and vegetables.

POT ROAST

3 lbs. beef
¼ c. fat from pork or bacon
¼ c. carrots
¼ c. turnips
¼ c. celery
2 tbsp. chopped onion
1 tbsp. chopped parsley
bay leaf
4 cloves
12 peppercorns
salt and pepper
3 c. water

Dredge meat with flour and brown the entire surface in the fat, then place on rack in pot and surround with other materials. Place a tight fitting cover on pot and simmer until tender. Remove meat to a hot platter. Add more seasoning to liquid, if necessary, strain and serve as a sauce.

SWISS STEAK

2 lbs. of beef cut in a slice 2 in. thick
½ c. flour
salt and pepper
¼ c. fat
½ onion, sliced
½ green pepper, chopped fine
2 c. boiling water or 1 c. water and 1 c. tomato juice

Pound flour, salt and pepper into meat. Heat the fat, and brown meat on both sides. Add onion, green pepper, and liquid, and simmer for two hours. The steak may be cooked in the oven.

NEW ENGLAND DINNER

2 lbs. corned beef
1 small head cabbage
6 small turnips
6 small beets
6 potatoes

Wipe meat and tie securely in shape. Put in kettle, cover with cold water and bring slowly to boiling point. Boil slowly for a few minutes, remove scum and reduce heat. Finish cooking at a lower temperature. Remove to hot platter and cook vegetables in liquid from which meat has been removed. See time for cooking each vegetable in Time Table for Vegetables. If too salty, add hot water. The beets should be cooked separately. If not too salty the liquid makes excellent soup. In serving, place meat in center of platter and arrange around it a border of the various vegetables. Sprinkle with chopped parsley. The cooked head of cabbage should be cut in eighths.—"Meat," Institute of American Meat Packers.

Uses of Left-over Meats:

BROWNED HASH

1 to 2 c. chopped meat
2 c. mashed potato
4 tbsp. fat
1/3 c. stock or boiling water
1 tsp. onion
1 tbsp. chopped parsley
salt and pepper

Reserve 1 tbsp. fat for greasing frying pan. Mix all materials, spread smoothly in frying pan and cook over a moderate heat so that hash will brown slowly and form a thick crust, and yet not burn. It will take about ½ hour. Fold like an omelet and serve on a hot platter.

The mixture may be made into small cakes and browned in the same way. Fish may be substituted for the meat.

STUFFED PEPPERS

6 green peppers
1 onion, finely chopped
2 tbsp. butter
1/3 c. brown or white sauce
3 tbsp. bread crumbs
salt and pepper
buttered bread crumbs
6 tbsp. ham, finely chopped

Cut a slice from stem end of each pepper, remove seeds, and parboil pepper 15 min.

Cook onion in butter 3 min., add ham, sauce and bread crumbs and cook one minute. Cool mixture, sprinkle peppers with salt, fill with mixture, cover with buttered crumbs and bake 10 min. These may be served on toast with a sauce. Three tbsp. chopped mushrooms may be added with the ham, or veal or chicken may be substituted for the ham.

STUFFED CABBAGE

1 head cabbage
4 tbsp. salt pork, chopped fine
4 tbsp. cooked beef, chopped fine
2 tbsp. butter
2 egg yolks
1 tsp. salt
1 tsp. parsley
1 tsp. minced onion
few grains cayenne
½ c. bread crumbs

Parboil cabbage until thoroughly wilted, drain and cool. Unfold leaves until the heart is reached, remove heart and chop tender leaves. Beat egg and bread, add butter, meat, cabbage, and seasonings. Work into a ball and place in cabbage head. Refold leaves, and bake 1½ hrs., basting with butter and water. Serve on a hot platter with the gravy from the pan.

POULTRY

General Directions:

Remove pin feathers with point of a knife. Singe by holding over flame, gas or burning paper. Cut off head, turn back skin and cut off neck quite close; take out windpipe and crop, cutting off close to body. Cut through skin around leg just below leg joint. With a metal skewer pull out tendons one at a time and break leg at joint. Remove oil bag from tail. The internal organs are not always removed before the bird is sold. If they have not been removed, make an opening under one of the legs or at the vent and remove organs carefully, leaving a strip of skin above the vent. The intestines, gizzard, heart, and liver should all be removed together. Care must be taken not to break the gall bladder, which lies under the liver; it must be carefully cut away from the liver. The lungs and kidneys lying in the hollow of the backbone must be removed. Press the heart to extract any blood. Take off outer coat of gizzard; this with the heart and liver are the giblets to be used in making gravy. Wash giblets and simmer until tender. The liver requires only a short time for cooking.

Cleanse bird by wiping thoroughly inside and out with a damp cloth. Stuff and truss for roasting or cut in pieces for stew or fricassee.

TO TRUSS

Draw thighs and wings close against the body, and fasten securely with skewers or tie with string. Draw skin of neck to the back and fasten with small wooden skewers.

TO STUFF

Use enough stuffing to fill skin so that the bird may look plump when served. When cracker stuffing is used, allow for swelling. The small opening may be closed with a skewer, the larger one sewed with half a dozen stitches leaving a long end for convenience in pulling out.

TO PREPARE FOR BROILING

Singe, wipe and with a sharp knife beginning at the base of the neck, cut along the line of backbone, open and remove the insides, cut out the ribs on the sides, remove the breast bone, and pin the wings closely to the body. Fasten the giblets under the wings. Wipe as dry as possible.

TO CUT UP

Clean and dress fowl according to directions. With a sharp pointed knife cut the skin and flesh at base of each leg, between leg and side of body. Disjoint each leg and separate into drumstick and second joint. Cut off each wing and remove the tip. Separate "wishbone" with meat which is on it from breast; cut through ribs on either side and separate breast from back. The side bones may be cut apart lengthwise with a cleaver. The neck and tips of wings may be cooked with giblets and used for making gravy.

ROAST CHICKEN

Dress, clean, stuff and truss a chicken. Mix 3 tbsp. butter and 2 tbsp. flour until creamy and spread over chicken, then place the chicken on its back on a rack in a dripping pan. Dredge with flour, place in a hot oven and when flour is brown pour a little hot water into pan. Baste every 15 min. adding more water as required. When chicken is evenly browned turn on side to brown back. If a thick crust is desired dredge bird with flour two or three times during cooking. If a glazed surface is preferred, spread bird with butter and use no flour. In roasting allow 20 min. for each pound and 20 min. extra.

STUFFING FOR ROAST CHICKEN

3 c. fine stale bread crumbs
1½ tsp. salt
few grains cayenne
1 to 2 tsp. onion juice
½ tsp. parsley
6 tbsp. butter or drippings
⅛ tsp. pepper

Melt butter, add seasoning, then crumbs. Toss all together until thoroughly mixed. Oysters, cooked chestnuts, chopped celery or sage add variety. By adding 1 tbsp. capers or chopped pickles to the above it may be used for fish.

GRAVY

Pour off all but 4 tbsp. fat from pan in which chicken has been roasted. Brown with 4 tbsp. flour, add 2 c. stock in which giblets, neck and tips of wings have been cooked. Cook 5 min.; season with salt and pepper and strain. The remaining fat may be used in frying potatoes, etc.

BROILED CHICKEN

Prepare chicken according to directions for preparing fowl for broiling, above. Wipe as dry as possible, sprinkle with salt and pepper and rub with butter. Lay on a broiler and cook inside next to fire as long as possible without scorching. Turn and cook skin side until brown. After each side is brown turn often until well done. It will take from 20 to 30 min. Serve on a hot plater. Spread with butter and sprinkle with salt and pepper.

BROILED QUAIL

Follow directions for Broiled Chicken, above, allowing eight minutes for cooking. Serve on toast and garnish with parsley and slices of lemon. Currant jelly or rice croquettes with jelly should accompany this course.

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FRIED CHICKEN

Follow directions for cutting up a fowl, above. Plunge in cold water, drain but do not wipe. Sprinkle with salt and pepper and coat thickly with flour, having as much flour adhere to chicken as possible. Fry in hot fat from salt pork until chicken is brown on both sides. Cover closely, reduce heat and cook slowly for about 20 minutes or until tender. Dissolve the glaze with 2 or 3 tbsp. water and pour over chicken or serve chicken with a white sauce.

CHICKEN STEW, WITH OR WITHOUT DUMPLINGS

Follow directions for cutting up fowl, above. Cover pieces with cold water, bring to boiling point, and boil 5 minutes. Add 1 tbsp. salt, reduce heat and simmer until tender. Dumplings may be added by spoonfuls 12 minutes before removing stew from stove. Remove any excess liquid so that dumplings may rest on the pieces of chicken. (For dumpling recipe see Dumpling, under Beef Stew.) The liquid may be thickened slightly before serving by adding 1/3 c. of flour mixed with 1/3 c. of cold water. Stir constantly while slowly adding flour mixture, and boil 10 minutes.

CHICKEN A LA KING

Follow directions for Chicken Stew, above. Remove chicken, pick meat from bones and skin. Reduce chicken stock to 2 c., make a white sauce No. II using the stock as the liquid, and add the pieces of chicken. Chop fine a green pepper, 3 stalks of celery, 2 hard cooked eggs, a sprig of parsley, and add, with a few drops of onion juice. Serve on toast or crackers.

CHICKEN AND RICE SCALLOPED

2 c. cooked chicken
1 c. cooked rice
1½ c. white sauce No. II made from chicken stock
½ c. buttered crumbs

Lightly mix the chicken, rice and sauce. Put in a buttered baking dish, cover with buttered crumbs and brown in the oven.

JELLIED CHICKEN

Follow directions for Chicken Stew, above. Remove chicken and pick meat from bone and skin. Sprinkle with salt and pepper and pack in buttered mould. Reduce stock to one cup. Soak 2 tbsp. of granulated gelatine in a little cold water. When thoroughly soaked, pour into the stock that has been strained, and skimmed of fat. Heat until gelatine is melted, pour over meat in mould and keep in a cold place until firm. Chopped celery and green peppers, and slices of hard cooked eggs and lemons may be added to the chicken before moulding.

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FRICASEED CHICKEN

Prepare chicken as for Chicken Stew, above. Then sprinkle each piece with salt and pepper, roll in flour and brown in butter. Cover with boiling water and simmer until tender. Remove meat, reduce stock to 2 c., and with it make white sauce No. I, adding ½ tsp. celery salt and 1 tsp. lemon juice slowly. To the sauce add 1 c. scalded cream and then pour the mixture over 1 egg well beaten. Stir well. Arrange the pieces of chicken on a hot platter in something like the order in which they grow. Garnish with small pieces of toast and pour the hot sauce over all.

CHICKEN GUMBO

Prepare as for Chicken Stew, above. Sprinkle each piece with salt and pepper, dredge with flour and brown in butter. Take chicken out of pan. Fry in the fat half of a finely chopped onion. Add 4 c. sliced okra, sprig parsley, ¼ red pepper, chopped fine and cook slowly 15 minutes. Add to chicken with 1½ c. tomato, 3 c. boiling water and 1½ tsp. salt. Cook slowly until chicken is tender, then add 1 c. boiled rice.

CHICKEN PIE

Prepare chicken as for Chicken Stew, above. Cover with boiling water, cook slowly for 20 minutes and take out. Reduce stock to about 4 cups, and thicken with 1/3 c. of flour diluted in enough cold water to pour easily. Arrange pieces of chicken in a baking dish, pour gravy over them, and cover with pie crust in which several incisions have been made for escape of steam. Bake in a moderate oven until crust is well risen and browned.

CHICKEN SOUP

Use stock from the chicken, skim off the fat and strain. The soup may be served clear or have added to it rice and vegetables. It may be thickened with a little flour mixed with cold water.

FISH

Fish makes an agreeable change in the menu. It may be roasted, broiled, boiled or fried. It requires only a short time for cooking, and there is a good variety from which to choose. There are the fresh and salt water fish, the oily or white fleshed fish, and the dry, salt or fresh fish.

Whitefish—Haddock, cod, flounder, perch, pickerel, pompano, Spanish mackerel, etc.

Oily Fish—Salmon, shad, mullet, red snapper, etc.

A fish is in good condition when the eyes are bright, the gills a bright clear red, scales shiny and flesh firm and free from a disagreeable odor.

General Directions:

TO CLEAN FISH

Remove scales by scraping with a dull knife from the tail towards the head. Head and tail may or may not be removed according to the manner of cooking and size of the fish. Small fish to be served whole have the entrails removed by opening under gills and pressing out their contents with thumb and finger. Larger fish are split half way down belly, and the inside scraped and washed with salt and water after it is empty. Wipe fish inside and out with a cloth wrung out of cold salty water and remove any clotted blood which adheres to back bone.

TO SKIN A FISH

Remove fins along back and cut off a narrow strip of skin the entire length of back. Loosen skin over bony part of gills and slowly work towards tail. Do same on other side.

TO BONE A FISH

Clean fish and remove head. Beginning at tail, run sharp knife close to backbone, cutting meat away on one side and working towards head. Turn and repeat on the other side.

Ways of Cooking:

Very large fish—boiled, steamed, or baked.
Medium sized fish—baked, or boiled.
Small fish—fried. (Oily fish should never be fried.)

When fish is cooked the flesh separates easily from the bones.

BROILED FISH

Grease broiler well. Brush less oily fish with oil or melted butter; sear flesh on cut side first and turn every 10 seconds if fish is thick, less often if fish is thin. Length of time for cooking depends upon thickness of fish. Season with butter, salt, pepper, and garnish with lemon and parsley. Fish may be browned by broiling, then cooking completed in oven.

BAKED FISH

Clean fish and fill with stuffing (see stuffing for roast chicken), allowing for swelling. Sew up opening and truss fish into shape. Place on greased baking sheet or on thin slices of pork or bacon. Dredge with flour and place pieces of fat, either pork or bacon, across top of fish, fastening in place with tooth picks. Put in a hot oven and baste every 10 minutes with drippings from the fat, adding a very little water if necessary. A 4-lb. fish takes about 1 hour for cooking. Draw out strings and serve with a sauce.

Fish bake more easily if placed upright in pan instead of on side. Short, broad fish may be propped in place with large pieces of stale bread or pared potatoes. Long narrow fish may be shaped like letter S.

FISH COOKED IN WATER

Steam fish over gently boiling water, or place in a piece of muslin, sewing or tying ends together, and put in gently boiling water. Boil 5 minutes, then add 1 tbsp. salt for each quart of water and reduce temperature to simmering until fish is done. Serve with sauce.

FISH COOKED IN FAT

Season with salt and pepper, dredge with flour or roll in crumbs, dip in egg and roll in crumbs again. Cook in deep fat or saute. Drain on brown paper.

OYSTER COCKTAIL

6 raw oysters
¾ tbsp. lemon juice
½ tbsp. catsup
few gratings horseradish
3 drops tobasco
salt to taste
1 tbsp. celery chopped fine
½ tsp. worcestershire sauce

Mix ingredients, chill thoroughly and serve in cocktail glasses.

OYSTER STEW

1 qt. oysters
1 c. scalded milk
⅛ tsp. pepper
¼ c. butter
½ tsp. salt

Clean oysters by placing in a colander and pouring over them ¾ c. cold water. Gradually pick over oysters, reserve liquor, and heat it to boiling point. Strain, add oysters and cook until oysters are plump and edges begin to curl. Add hot milk, butter, salt and pepper and serve with crackers.

Sauces for Fish and Meats:

EGG SAUCE

2 c. white sauce No. II
1 tbsp. chopped parsley
2 hard cooked eggs

Cut the eggs in small pieces, mix with white sauce and parsley and serve hot over fish.

HOLLANDAISE SAUCE

½ c. butter
4 yolks of eggs
1½ tbsp. lemon juice
¼ tsp. salt
1/16 tsp. cayenne
½ c. boiling water

Cream butter, add yolks one at a time and beat well, then add seasoning and lemon juice. A short time before serving add water, cook in a double boiler and when mixture thickens serve at once or it will curdle. Use with fish, asparagus, etc.

MAITRE D'HOTEL SAUCE

¼ c. butter
½ tsp salt
½ tbsp. finely chopped parsley
1 tbsp. lemon juice
⅛ tsp. pepper

Cream butter, add lemon juice very slowly and stir in the other ingredients. Spread over hot fish.

TARTARE SAUCE

1 c. mayonnaise dressing
½ tbsp. capers
½ tbsp. chopped olives
½ tbsp. chopped pickles
½ tbsp. chopped parsley

Mix together and serve cold with fish.

MINT SAUCE

¼ c. finely chopped mint leaves
1 tbsp. powdered sugar
½ c. vinegar

Add sugar to vinegar, when dissolved pour over mint and let stand 30 minutes on back of stove. If vinegar is strong, dilute with water. Serve with lamb.

COOKING IN DEEP FAT

General Directions:

Use an iron kettle for frying, if possible, and a wire basket in removing the articles. In the absence of a wire basket use a wire or perforated spoon or skimmer.

The fats usually used for cooking are lard, crisco, any of the vegetable oils, beef drippings, or a mixture of several fats. Cool fat after using, and clarify by cooking in it a few slices of potato. Heat slowly, cook potatoes until slightly brown. Remove potatoes, strain, and cool. Fats may be used a number of times.

Foods cooked in deep fat are covered with crumbs and egg or a batter, or the mixture is stiff and has an egg mixed with it to prevent it absorbing grease. Have fat deep enough to float the material, and only cook 3 or 4 croquettes at a time, as more will cool the fat. Have mixture at room temperature when fried. If chilled in the ice box the cold will lower the temperature of fat and cause the material to soak fat and probably burst open. If basket is used, dip it in the fat first to prevent articles from sticking.

TEST FOR HEAT OF FAT

When a cube of stale bread browns in 40 seconds the fat is the right temperature for croquettes, fish balls, oysters, etc.

When a cube of stale bread browns in 60 seconds, the fat is the right temperature for uncooked material like batters and doughs.

Retest fat from time to time to be sure that it is not hot enough to burn or cool enough to soak into food.

After cooking, drain all articles on unglazed brown paper, or some other absorbent material.

TO RENDER OR TRY OUT FAT

Remove tough outside skin and lean parts from fat and cut into small pieces. Put fat into saucepan, cover with cold water and place on stove, keeping saucepan uncovered so the steam may carry off impurities. When water has nearly evaporated, set saucepan back and let fat slowly try out. When fat no longer bubbles and scraps of skin are shrivelled, strain and cool.

TO EGG AND CRUMB

Use bread which has dark crust removed and has been dried, rolled, sifted and seasoned. Beat eggs until yolks and whites are mixed, but not foamy, and add ½ tbsp. milk, water, or oyster juice for each egg used.

Roll articles in crumbs, shake lightly, coat thoroughly with egg, drain well, roll in crumbs, shake again, and put aside until ready to fry.

FRIED OYSTERS

Select large oysters, remove bits of shell, wash, wipe dry, and season with salt and pepper. Follow directions "To Egg and Crumb," and General Directions for frying, above.

FISH BALLS

1 c. cod fish or cooked fish
2½ c. potatoes
⅛ tsp. pepper
salt if needed
1 tbsp. butter
1 egg

If fish is very dry and salty, soak in cold water for several hours. Otherwise merely wash and separate into small pieces. Wash, pare, and slice potatoes and cook in boiling water. When nearly done, add fish, if salt fish is used. If cooked fish is used, add to potatoes when mashed. When potatoes are cooked, drain mixture, and shake over fire until mealy. Mash, add butter, and seasoning. When cool, add as much egg as necessary to make mixture soft and creamy and yet retain shape when formed into balls. Take up mixture by spoonfuls, mould slightly and slip into fat. As a variation shape into balls and roll in flour or shape into balls and egg and crumb before frying.

FISH, OR MEAT, OR POTATO CROQUETTES

2 c. cold cooked fish, or meat, or potato
1 c. white sauce No. IV
⅛ tsp. pepper
salt
1 tsp. finely chopped parsley

Mix ingredients, shape, roll in crumbs, egg and crumb, and fry in deep fat. A combination of fish and meat and potatoes may be used. The potato is cut up in fine pieces or mashed.

FRITTER BATTER

2 eggs
2/3 c. milk
1 c. flour
¼ tsp. salt
1 tbsp. melted butter

Mix the dry ingredients, add the milk slowly, the egg well beaten and the butter. When used for tripe or fish, etc., add 1 tsp. lemon juice or vinegar.

VEGETABLE FRITTERS

Vegetables of any kind should be cooked thoroughly, drained and cut in pieces convenient for serving. Add vegetables to batter and drop by spoonfuls into deep fat.

OYSTER FRITTERS

Pick over and parboil oysters, drain well, and use liquor in place of milk for batter, adding more salt and pepper if necessary. Dip oysters in batter and fry in deep fat.

FRUIT FRITTERS

Cut fruit into pieces, sprinkle with sugar, let lie for an hour, then drain as dry as possible. Roll each piece in sifted bread crumbs, dip in batter, and fry in deep fat.

DOUGHNUTS

1 c. sugar
2½ tbsp. butter
3 eggs
1 c. milk
4 tbsp. baking powder
¼ tsp. cinnamon
¼ tsp. grated nutmeg
1½ tsp. salt
flour to roll

Cream the butter, add ½ the sugar. Beat eggs until light, add remaining sugar and combine mixtures. Add 3½ c. flour, mixed and sifted with the other dry ingredients, and add enough more flour to make dough stiff enough to roll. Toss a small portion of dough on floured board, knead lightly, pat and roll ¼ in. thick. Shape with a doughnut cutter, fry in deep fat, take out and drain on brown paper. Roll trimmings with next portion of dough. Doughnuts should come quickly to top of fat, brown on one side, and be turned to brown on other side. Avoid turning more than once.

SALADS

Salads are made from cold cooked meats, fish, vegetables, both raw and cooked fruits, or nuts, or a combination of them mixed with a dressing of fat, acid, and seasonings.

The salad plants should be clean, crisp, cold, and dry, and the material cut in uniform sizes. Such materials as meat, fish, potatoes, etc., which will absorb dressing, may be marinated or mixed with French dressing, chilled, and drained of excess dressing before serving. Mix salad ingredients at the last minute—otherwise the dressing will run and lettuce become wilted.

Garnish salad attractively, but do not over-garnish.

Use your ingenuity to get variety.

CRISP LETTUCE

Discard coarse outer leaves, pick each leaf from stalk and wash separately in cold water. Place leaves in a wire basket or netting and shake. Place in a damp cloth or bag or in a covered pail and keep in a cold place until needed.

Dandelion greens, water cress, new cabbage, and other green leaves can be used in place of lettuce.

CHEESE AND BLACK WALNUT SALAD

Mash a cream cheese, moisten with a little cream and season with salt and pepper, and mix with 1-1/3 c. of black walnut meats, finely chopped. Make into small balls and arrange on a bed of lettuce leaves with mayonnaise dressing.

COLD-SLAW

1 cabbage head
½ c. vinegar
1 tbsp. oil or melted butter
½ tsp. salt
¼ tsp. pepper

Shred the cabbage, and heap on a dish. Combine the other ingredients and pour over cabbage. Mix well with a fork. A boiled dressing may be used, and chopped green peppers and celery added. Sliced tomatoes around the edge add color as well as flavor.

COMBINATION OR VEGETABLE SALAD

Slice tomatoes, cucumbers, and chop green peppers and celery and arrange on a bed of lettuce. Garnish with radishes and serve with French dressing. Sliced onions may be added or a few drops of onion juice mixed with the dressing. Cooked vegetables may be used in the same way.

CHICKEN SALAD

2 c. white meat
2 c. celery
1 c. mayonnaise dressing
1/3 c. French dressing

Cut meat into ½ inch cubes, marinate with French dressing and chill for an hour. At serving time drain, add celery and mayonnaise, and arrange on lettuce. Garnish with sliced hard cooked eggs, pickle, or stuffed olives. Drop a large spoonful of mayonnaise on top and fringe with celery tips.

Veal and pork may be used in the same manner.

When celery is scarce use crisp, tender shredded cabbage, seasoned with celery salt. Diced cucumbers may also be used.

EGG SALAD I

Cut six hard cooked eggs in halves cross-wise, keeping whites in pairs. Remove yolks and mash. Add enough French dressing to moisten, refill whites and arrange on a bed of lettuce. Serve with French dressing or mayonnaise.

EGG SALAD II

Follow directions for Egg Salad I and add to the yolks an equal quantity of chopped chicken.

EGG SALAD III

Slice hard cooked eggs and arrange on a bed of lettuce. Sprinkle with finely chopped peanuts and serve with mayonnaise.

POTATO SALAD

2 c. cold cooked potatoes, diced
½ c. diced cucumbers
½ c. diced celery
2 hard cooked eggs
1 tsp. salt
¼ tsp. pepper
½ tsp. onion juice
1 c. boiled dressing
1 tsp. finely chopped parsley

Cut eggs into small pieces and add the other ingredients, tossing lightly with a fork. Arrange on a bed of lettuce, and garnish with celery tips, parsley, or strips of green and red peppers.

STUFFED TOMATO SALAD

Plunge medium sized tomatoes into boiling water and peel. Remove slice from top of each, and take out seeds and some of pulp. Sprinkle inside with salt, invert and let stand one-half hour. Fill tomatoes with one of the following fillings mixed with mayonnaise. Arrange on lettuce leaves and garnish top of each with mayonnaise.

Fillings:
1. Diced pineapple and nut meats.
2. Celery, apples, and nuts.
3. Diced cucumbers.
4. Chicken salad.
5. Vegetable salad.

BANANA AND PEANUT SALAD

Slice bananas lengthwise and place on lettuce leaves. Sprinkle with chopped nuts and serve with mayonnaise.

RAISIN AND RAW CARROT SALAD

Wash and scrape carrots. Put through a food chopper. To every cup of carrots add ¼ c. chopped seedless raisins. Marinate with French dressing and serve with lettuce.

PEAR AND CHEESE SALAD

6 tbsp. cream cheese
6 halves canned pears
lettuce
mayonnaise

Arrange pears on lettuce leaves, fill hollows with cheese, and top with mayonnaise. If fresh pears are used, select the very ripe ones. Sprinkle with lemon juice and sugar, cover, and let stand 15 minutes before preparing. Peaches may be used in a similar manner. American cheese may be used in place of the cream cheese. In that case, the cheese is grated over the pears. Cherries are often used to give color as well as flavor.

WALDORF SALAD

1 c. diced apples
1 c. diced celery
1 c. mayonnaise or boiled dressing
½ c. walnut meats broken in pieces
¼ tsp. salt

Mix together lightly and serve on lettuce.

FRUIT SALAD

1 c. diced apples
1 c. diced pineapples
1 c. oranges cut in pieces
1/3 c. French dressing
½ c. nuts cut in pieces

Marinate the ingredients with the dressing and serve on lettuce.

Other fruits may be combined, and mayonnaise or cream dressing used.

TOMATO JELLY SALAD

1 can hot, stewed, and strained tomatoes
1 tsp. salt
2/3 box of gelatine soaked in
½ c. cold water
1 tsp. powdered sugar

Mix all together, pour into cups or one large mould and chill. Run a knife around inside of mould to give a rough surface like a tomato. Serve on lettuce leaves and garnish with mayonnaise.

JELLIED VEGETABLES

1 c. cooked carrot cubes
1 c. cooked potato cubes
1 c. cooked peas
1 green pepper cut fine
2 stalks celery cut fine
few drops onion juice
1 tbsp. vinegar
¼ tsp. pepper
1 tsp. salt
3 tbsp. granulated gelatine
½ c. cold water
1 c. boiling water
few grains cayenne

Soak gelatine in the cold water 5 minutes and dissolve it in the boiling water. When cool add other ingredients, mixing thoroughly. Pour into mould and chill thoroughly. Remove from mould and arrange on lettuce leaves. Serve with mayonnaise.

JELLIED FRUIT SALAD

1 c. orange pulp
1 c. grapefruit pulp
2 bananas, diced
1 c. diced pineapple
1/3 c. sugar
8 cherries cut in halves
12 English walnut meats
1 c. hot fruit juice
½ c. cold water
3 tbsp. granulated gelatine

Soak the gelatine in the cold water 5 minutes, dissolve it in the hot juice. When cool add the fruit and pour into a mould. Chill thoroughly and serve on lettuce leaves with mayonnaise or cream dressing.

SALAD DRESSINGS

FRENCH DRESSING

4 tbsp. salad oil
2 tbsp. vinegar
½ tsp. salt
⅛ tsp. pepper
few grains cayenne

Stir seasoning into oil, add vinegar, and stir vigorously until dressing thickens. Serve with green salad.

BOILED DRESSING

2 egg yolks or 1 whole egg
1 tbsp. flour
1 tsp. salt
1 tsp. mustard
1 tbsp. sugar
few grains cayenne
¾ c. milk
¼ c. vinegar
2½ tbsp. butter

Mix the dry ingredients, add the egg, mix thoroughly, then add milk and vinegar slowly. Add the butter and cook in a double boiler until the mixture thickens, stirring constantly. Turn out to cool.

MAYONNAISE DRESSING

1 egg yolk
1 c. salad oil
½ tsp. salt
few grains cayenne
2 tbsp. lemon juice
or vinegar

Break the yolk into a cold bowl, beat slightly, add seasoning, and then lemon juice. Beat hard, add oil slowly, and, as it thickens, add more rapidly, being careful that the oil in the bowl is thoroughly mixed before adding more. Mayonnaise should be stiff enough to hold its shape. It should be added to salad, just before serving.

CREAM DRESSING

To recipe for mayonnaise, above, add 1/3 c. whipped cream. Mix just before serving.

FLOUR MIXTURES

General Directions:

Pour batter = 1 c. liquid to 1 c. flour.
Drop batter = 1 c. liquid to 2 c. flour.
Soft dough or a kneaded mixture = 1 c. liquid to 3 c. flour.
Stiff dough or a rolled mixture = 1 c. liquid to 4 c. flour.
1 c. flour requires 1½ tsp. baking powder.
1 tsp. baking powder equals 1 egg in leavening power.
1 c. sour milk requires from ½ to ¾ tsp. soda.
1 c. bulk molasses requires about ¾ tsp. soda.
1 c. canned molasses requires about ½ tsp. soda.
1 tsp. soda plus 2 tsp. cream of tartar = 3 tsp. baking powder.

Use flour containing a large percentage of gluten for all yeast bread. Pastry flour is better suited to other batters and doughs. Flour should always be sifted before measuring.

Butter, drippings, etc., may be used for the fat.

Mix and sift the dry ingredients. Beat the eggs without separating and add part of milk to them. Add liquid slowly, gradually working in the flour. Always reserve a little of the milk until sure all will be needed. When a flaky texture is desired as in baking powder biscuits, always cut fat into the flour, otherwise melt and add last.

Arrange temperature of oven before combining ingredients.

Work quickly and mix thoroughly. Bake first in lower part of oven and then on upper shelf to brown.

The waffle iron and griddle should be hot enough to instantly evaporate water sprinkled on them. Grease well. Pour batter on griddle from a pitcher or a spoon to make cakes round. Turn cakes when bubbles appear all over surface and only turn once.

BATTERS

Name of Batter	INGREDIENTS						
	Flour	Baking Powder	Fat	Liquid	Egg	Salt	Sugar
Popovers	2 c.	-------	1 tsp.	1¾ c.	2	½ tsp.	-------
Griddle cakes	2 c.	3 tsp.	3 tbsp.	1½ c.	2	½ tsp.	-------
Waffles	2 c.	2 tsp.	6 tbsp.	1½ c.	2	2 tsp.	1 tbsp.
Muffins	2 c.	4 tsp.	4 tbsp.	1 c.	1	½ tsp.	2 tbsp.

POPOVERS

Use earthen cups for baking, and place in oven to heat while mixing ingredients. Grease after heating. Mix according to General Directions, above, beating hard with Dover egg beater, just before pouring into cup. Fill cups half full, place immediately in hot oven and bake 30 to 45 minutes. Lower heat during last half of baking. The secret of good popovers is to use hot cups, have a hot oven and not to open door for first 10 minutes.

GRIDDLE CAKES

Mix and cook at once according to General Directions, above.

BREAD GRIDDLE CAKES

Substitute 1½ c. of bread crumbs for 1½ c. flour and decrease the baking powder 1 tsp. Soak bread in hot milk for 15 minutes and press through a sieve. Mix and cook at once according to General Directions, above.

WAFFLES

Mix according to General Directions, above. Eggs may be separated and the beaten whites added last. Fill waffle irons about half full of mixture and cook 1 minute on each side, turning until waffles are crisp.

RICE WAFFLES

Soak ½ c. of cooked rice in part of the milk and when grains are separated proceed as for Waffles, above, decreasing the flour ½ c.

MUFFINS

Mix according to General Directions, above. Bake 20 to 25 minutes in a hot oven.

WHOLE WHEAT MUFFINS

Use recipe for Muffins, using 1½ c. whole wheat flour and ½ c. white flour.

RICE MUFFINS

Soak ½ c. of cooked rice in part of the milk, and when grains are separated proceed as for Muffins, above, decreasing the flour ½ c.

CORN MEAL MUFFINS, NORTHERN STYLE

Use recipe for Muffins, above, using 2/3 c. corn meal, and 1-1/3 c. flour, and 1 tbsp. sugar.

CORN MEAL MUFFINS

2 c. corn meal
¾ tsp. soda
¾ tsp. salt
1 egg
1½ to 2 c. sour milk or butter milk
1 tbsp. fat

Proceed as for Muffins, above.

CORN STICKS

Use recipe for Corn Meal Muffins, above, and bake in buttered corn stick pans in a hot oven about 15 minutes.

BATTER BREAD OR SPOON BREAD

1 c. ground corn meal
1 c. boiling water
2 c. milk
1 c. cooked grits or rice
2 eggs, separated
1 tsp. salt
2 tbsp. melted fat
1½ tsp. baking powder

Scald corn meal in water, add the other ingredients, and fold in beaten whites last. Pour into a greased pan and bake until a crust is formed.

CORN PONE

2 c. meal
½ tsp. salt
⅛ tsp. soda
enough water to thicken

Mix and bake in a flat cake in a hot oven until a brown crust is formed.

HOE CAKE

Use recipe for corn pone and cook in a pan in hot ashes.

BISCUITS

Name of Biscuit	INGREDIENTS						
	Flour	Fat	Sweet Milk or Water	Sour Milk	Baking Powder	Soda	Salt
Soda	2 c.	2 tbsp.	-------	2/3 c.	------	½ tsp.	½ tsp.
Baking Powder	2 c.	2 tbsp.	2/3 c.	-------	4 tsp.	-------	½ tsp.

Follow General Directions, above, working the fat into the flour. Add liquid gradually, trying not to wet the same portion of flour twice. Toss on a floured board and pat or roll out gently. Cut into rounds. If desired the tops of the biscuits may be moistened with milk or melted butter. Bake 12 to 15 minutes in a hot oven. For Emergency or Drop Biscuits add enough more liquid to make a softer dough and drop by spoonfuls on a greased tin, allowing room to spread. The amount of soda used depends on the sourness of the milk. If milk is only slightly soured, use ¼ tsp. soda and 1 tsp. baking powder, otherwise use ½ tsp. soda to 2/3 c. sour milk. If sour milk is very thick, a small amount of liquid will be required. Too much soda not only discolors biscuits and gives a peculiar taste to them, but it is also injurious to the health.

SHORT CAKE

Use recipe for Biscuits, above, using 5 tbsp. of fat, part of which should be butter, and 1 tbsp. sugar. Roll to fit pan or cut into small circles. Bake, split, and spread with butter. Spread one-half with fruit, sprinkle with sugar. Place the other half on top and finish with fruit and sugar. Fruit may be cooked and put on hot. Serve with cream, whipped if desired.

BAKED APPLE DUMPLING

Use recipe for Biscuits, above, using 5 tbsp. butter and 1 tbsp. sugar. Roll dough thin and cut into 6 in. squares. In center of each place 4 quarters from medium sized apples, and sprinkle with a mixture of ¼ c. sugar, ½ tsp. nutmeg and ⅛ tsp. salt. Fold two opposite corners over each other and the other corners over these, pinching the edges together to prevent juice from escaping. Bake about 20 minutes in a hot oven, reducing the heat towards the end. Serve with milk, cream or a sauce.

PIN WHEEL BISCUIT OR FRUIT ROLLS

Use recipe for Biscuits, above, using 5 tbsp. butter and 1 tbsp. sugar. Roll out dough about ½ in. thick, keeping it rectangular in shape and the ends square. Spread with 2 tbsp. softened butter, ½ c. raisins or currants, and ¼ c. sugar mixed with ½ tbsp. cinnamon. Do not spread material quite to the edges as material will squeeze out when dough is rolled. Beginning at the narrow end roll dough up like a jelly roll. Cut off slices 1 in. thick, place in greased muffin tins or in a greased pan with cut surface of dough down. Bake 15 to 20 minutes depending on size of rolls and closeness together in pan.

DUTCH APPLE CAKE

Use recipe for Biscuits, above, using 5 tbsp. butter, 1 tbsp. sugar, 1 egg, slightly beaten, and enough liquid to make dough soft enough to drop. Spread 1 in. thick in a greased pan. Pare and core medium sized apples and cut into slices. Press sharp edge of slices into dough, sprinkle with sugar and cinnamon, dot with small pieces of butter and bake 20 minutes. Serve with a sauce.

BEATEN BISCUITS

2 c. flour
2 tbsp. lard
1 c. cold water
1 tsp. salt

Mix according to directions for Biscuits, above, and grind in kneader for 15 minutes or beat with a wooden beater till well blistered. Shape in thin flat cakes, prick all over with a fork. Bake in a slow oven until a delicate brown, and edges crack slightly.—Mrs. Tancred Betts, Huntsville, Alabama.

BOSTON BROWN BREAD

1 c. rye meal
1 c. corn meal
1 c. graham flour
¾ tbsp. soda
1 tsp. salt
¾ c. molasses
2 c. sour milk or 1¾ c. sweet milk or water

Mix and sift dry ingredients, add molasses and milk, and stir until well mixed. Turn into buttered moulds and steam 3½ hrs. The cover should be buttered and then tied down with string; otherwise, bread in rising might force off cover. Mould should only be filled two-thirds full. Nuts and raisins may be added to this mixture for variety.

YEAST BREADS

Liquid should be lukewarm to produce the best results; too hot liquid kills the yeast, and too cold liquid retards its growth. The liquid may be all water or milk, or part water and part milk. If milk is used, scald to prevent souring.

Use ¼ to ½ a yeast cake to 1 pt. of liquid if bread is mixed at night, and ½ to 1 yeast cake to 1 pt. of liquid if bread is mixed in the morning, depending on the time given to rising and the temperature of room. When adding flour, add as much flour as there is liquid before stirring to prevent lumping.

The ordinary sized loaf of bread bakes in about 1 hour in a moderate oven. Whole wheat, rye bread, etc., should bake about 1¼ hour. Rolls require a hot oven. When bread is baked, remove from pans and cool on a rack.

Name of Bread	INGREDIENTS										
	Liquid	Sugar	Molasses	Salt	Fat	Yeast Cake	Flour	Potato	Whole Wheat	Bran	Rolled Oats
White Bread	4 c.	2 tbsp.	----	2 tbsp.	2 tbsp.	1	12 c. (?)	---	---	----	---
Whole Wheat	4 c.	------	½ c.	2 tbsp.	2 tbsp.	1	8 c. (?)	---	4 c. (?)	½ c.	---
Potato	4 c.	2 tbsp.	----	2 tbsp.	2 tbsp.	1	12 c. (?)	1 c.	---	----	---
Oatmeal	4 c.	------	½ c.	2 tbsp.	2 tbsp.	1	10 c. (?)	---	---	----	2 c.
Parker House Rolls	4 c.	4 tbsp.	----	2 tbsp.	8 tbsp.	1	12 c. (?)	---	---	----	---

Put sugar or molasses, salt, potato or squash, and fat in a bowl, and add 3 c. liquid, heated. Add yeast cake to 1 c. lukewarm liquid. When first mixture has cooled, add dissolved yeast cake. Add about half of the flour and beat until smooth. Cover, let double in bulk, and add enough more flour to make a dough to be handled. If the bread is made at night add enough flour to make a dough that can be handled and let rise over night. Turn out on board, and knead until smooth and elastic. Put back in bowl and let rise again. Knead and shape into loaves, put into greased pans and, when double in size again, bake.

In making oatmeal bread, put the rolled oats with the sugar and fat, etc., and pour over them the hot liquid. Let stand ½ hour.

PARKER HOUSE ROLLS

When dough is light, turn out on board and roll ½ in. thick. Cut with a round cutter, brush half the circle with melted butter, fold over so that edges do not quite meet, and press with fingers. Brush rolls with butter, let rise to double their bulk and bake in a hot oven 15 to 20 minutes.

PASTRY

General Directions:

All materials must be cold. Sift the flour and salt. Use pastry flour if possible. Work in the fat with the tips of fingers or case knife. The fat can be lard, lard substitutes, butter, butter substitutes, beef drippings or any of the oil fats. Moisten dough with water and toss enough for 1 crust on board, floured sparingly, pat, roll out quickly. Fold so as to make three layers, roll out again, and repeat. Roll out ¼ in. thick and a little larger than pie plate to allow for shrinking. Fold into quarters, unfold on pie plate, being sure that no air bubbles are under paste, and trim to fit plate. If two crusts are used always moisten edge of under crust before putting on the upper crust. Press edges of two crusts firmly together with a fork. The upper crust is sometimes trimmed a little larger than plate and folded under edge of lower crust. Always cut upper crust in several places to allow steam to escape. Pies made with fresh fruit are often made without an undercrust and cooked in a deep earthen ware dish.

When cooked fillings are used in a one crust pie, it is desirable to bake crust separately. Bake it on the outside of pie plate, pricking it in several places with a fork so that it will keep its shape. Trim crust a little larger than plate and fold excess back to make a rim.

Never grease a pie plate. Bake in a hot oven for the first 10 minutes and reduce to moderate oven for remainder of time.

PLAIN PASTRY

1½ c. flour	½ tsp. salt
½ c. fat	cold water

Follow General Directions, above.

PUFF PASTRY

1 c. flour	cold water
1 tbsp. lard	7/8 c. butter

Follow General Directions, above, reserving the butter. When paste is rolled out, dot with small pieces of butter, using 1/3 the quantity. Fold, making 4 layers, pat and roll out. Repeat until all the butter is used. Chill, roll out and bake in a hot oven.

APPLE PIE

4 or 5 sour apples	⅛ tsp. salt
1/3 c. sugar	1 tsp. butter
¼ tsp. nutmeg	1 tsp. lemon juice

Wipe, peal and cut apples into eighths, and remove cores. Line pie plate with pastry, and fill evenly with the sliced apples. Mix sugar, nutmeg, salt and lemon juice and sprinkle over apples. Dot over with butter, and add top crust. Bake 45 minutes or until apples are soft and crust is brown.

Dried apples may be used in place of fresh fruit, if they are soaked over night in cold water.

Apple sauce may be used in a baked crust.

BLACKBERRY PIE

Pick over and wash about 1½ c. berries. Stew until soft with just enough water to prevent burning, add sugar to taste and ⅛ tsp. salt. Pour into pastry-lined pie plate, cover with top crust and bake.

CRANBERRY PIE

Cook 1½ c. berries with ½ c. water 10 minutes. Add ¾ c. sugar, cool and bake in one crust with strips of pastry over top.

BLUEBERRY OR HUCKLEBERRY PIE

Fill a pastry lined pie plate with 1½ c. berries, slightly dredged with flour. Sprinkle with ½ c. sugar and ⅛ tsp. salt, cover with top crust, and bake.

UNCOOKED PIE FILLINGS

Filling Name of	INGREDIENTS												
	Milk	Sugar	Salt	Eggs	Nutmeg	Cooked S. Potato Pulp	Cooked Pumpkin Pulp	Cooked Squash Pulp	Flour	Cinnamon	Ginger	Molasses	Butter
Custard	2¼ c.	4 tbsp.	¼ tsp.	3	⅛ tsp.	---	---	---	-----	----	----	-----	------
Sweet Potato	1 c.	1 c.	1 tsp.	2	⅛ tsp.	1 c.	---	---	-----	1 tsp.	----	-----	2 tbsp.*
Pumpkin	1½ c.	½ c.	1 tsp.	2	⅛ tsp.	---	2 c.	---	1 tbsp.	½ tsp.	1¼ tsp.	1 tbsp.	------
Squash	1½ c.	½ c.	1 tsp.	2	⅛ tsp.	---	---	2 c.	1 tbsp.	½ tsp.	1¼ tsp.	1 tbsp.	------

* Melted.

Beat the eggs slightly, add the sugar, flour, if used, salt and spices, mixed together. Then add vegetable pulp, and liquids. Pour into a pastry lined pie plate and bake 10 minutes in a hot oven, then reduce heat and bake about 30 to 40 minutes or until filling is firm.

COOKED PIE FILLINGS

Name of Pie	INGREDIENTS											
	Sugar	Boiling Water	Hot Milk	Corn Starch or Flour	Eggs	Lemon Juice	Lemon Rind	Grated Chocolate	Gr't'd P'apple	Butter, Melted	Salt	Vanilla
Lemon	¾ c.	1 c.	---	3 tbsp.	3	3 tbsp.	1 lemon	-----	--	1 tsp.	⅛ tsp.	----
Lemon Sponge	1 c.	--	---	-----	3	4 tbsp.	1 lemon	-----	--	----	⅛ tsp.	----
Chocolate	½ c.	--	2 c.	4 tbsp.	3	-----	-----	4 tbsp.	--	----	⅛ tsp.	----
Pineapple	½ c.	--	1½ c.	2 tbsp.	2	-----	-----	-----	1 c.	----	⅛ tsp.	½ tsp.
Butter Scotch	2 c.*	--	1 c.	2 tbsp.	4	-----	-----	-----	--	¼ c.	----	½ tsp.

* brown.

Mix flour, sugar and salt together, add the hot liquid, stirring constantly. Cook in a double boiler until mixture is thick, continuing stirring. Separate eggs. Beat yolks slightly; add to them the hot liquid slowly and the flavorings for the kind of pie being made. Continue cooking and stirring until mixture is thick. Cool slightly, pour into a baked pastry shell, cover with meringue made from the whites of the eggs and bake in a slow oven until a delicate brown.

For Lemon Sponge, beat the egg yolks until very light, add ½ c. sugar slowly, beating all the time. Cook in a double boiler until very thick. Remove from fire and when slightly cool, add lemon juice and rind. When cool, fold in the whites, beaten until stiff with the other ½ c. sugar. Heap lightly in a baked pastry shell and bake in a moderate oven until brown and firm.

MERINGUE

Beat the whites of egg until stiff, adding 1 tbsp. of sugar for each egg white. Beat thoroughly after each tablespoon of sugar is added.

CAKE

The old fashioned "1, 2, 3, 4" cake is the basis of all butter cakes, and the sponge cake for all cakes without butter. Variations are obtained by changing or adding to the flavoring of the Standard Recipe. For example, melted chocolate, cocoanut, chopped nuts, raisins, currants, dates, citron, and candied fruit peels used individually or in combination give a variety of cakes.

Various fats are used in butter cakes, but the fat must always be of the best quality. Butter, butter substitutes, and cream are those used most frequently; but in a chocolate or spice cake where the flavor would be disguised, lard, chicken fat and oils are often used.

The sugar must be finely granulated to give a fine grained cake. The sugar is added to the creamed butter and the creaming process tends to dissolve the sugar.

If the eggs are separated and the beaten whites folded in last, the butter cake has a fluffy texturebut is not as fine grained. A sponge cake depends on the expansion of air in the beaten whites to make it light. Break each egg separately into a dish that there may be no loss should a stale egg be found.

All dry ingredients should be mixed and sifted and added to the mixture alternately with the liquid. A trifle thinner batter is required for layer or small cakes than for a loaf cake. Fruit, such as raisins, dates, berries, etc., should be floured before adding to prevent sinking to bottom of cake.

Have pans ready and oven at about the right temperature before combining wet and dry ingredients. See Oven Tests at front of book.

Gingerbread burns easily because of the molasses, and temperature must be lowered during the last half of baking.

Cake rises during the first quarter of time.

It continues rising and browns slightly during the second quarter.

It finishes browning during third quarter.

It settles a little, and shrinks from pan, during the fourth quarter.

Baking tests: A cake is done when (1) it shrinks from the pan; (2) a straw or knitting needle comes out clean after being inserted through crust; (3) a slight dent made by gentle pressure disappears rapidly. Small cakes and layer cakes bake in about 20 minutes. Thicker cakes in 30 or 40 minutes. Loaf cake in 1 hour.

In icing a cake where cooked icings are used, it makes little difference whether they are spread warm or cool. When uncooked icings are used, it is best to have cake only slightly warm. Cakes may be sprinkled with sugar before baking to form a glaze that can be substituted for icing.

STANDARD BUTTER CAKE

½ c. butter
1 c. sugar
2 eggs
½ c. milk
1½ c. flour
½ tsp. salt
2 tsp. baking powder
½ tsp. vanilla

Cream butter, gradually add sugar, then continue creaming until light and fluffy. Add the eggs well beaten and the dry ingredients, mixed and sifted together, alternately with the milk. Beat well for 2 minutes, turn into a greased and floured pan, and bake 40 to 50 minutes in a moderate oven.

CHOCOLATE CAKE

Use Standard Butter Cake recipe, above, adding 2 squares of melted chocolate or 3 tbsp. cocoa, and omitting 2 tbsp. flour.

FRUIT CAKE

Use Standard Butter Cake recipe, above, adding 1/3 c. more flour with 1/3 c. chopped raisins, ¼ c. chopped candied pineapple and cherries. Flavor with grated orange rind.

SPICE CAKE

Use Standard Butter Cake recipe, above, adding ½ tsp. cinnamon, ¼ tsp. mace or nutmeg, and ¼ tsp. cloves. A half cup of raisins and nuts may be added.

NUT CAKE

Use Standard Butter Cake recipe, above, adding 1 c. nuts, coarsely chopped.

WHITE CAKE

Use Standard Butter Cake recipe, above, omitting egg yolks, and using 4 egg whites. Add the beaten whites last.

GOLD CAKE

Use Standard Butter Cake recipe, above, omitting egg whites, and using 4 to 6 egg yolks.

QUICK CAKE

1/3 c. butter
1-1/3 c. brown sugar
2 eggs
½ c. milk
3 tsp. baking powder
½ tsp. cinnamon
½ tsp. grated nutmeg
1 c. dates stoned and chopped
1¾ c. flour

Follow directions for Standard Butter Cake, above, adding dates at the last. Roll the dates in flour before adding to the mixture.

APPLE SAUCE CAKE

½ c. butter
1 c. sugar
1 egg
1¾ c. flour
1 tsp. soda
1½ tsp. cinnamon
½ tsp. cloves
1 c. hot sweet apple sauce
1 c. raisins or nuts
1 tsp. vanilla

Follow directions for Standard Butter Cake, above, mixing the soda with the apple sauce and adding last. Sift sugar over top before baking.

SWEET POTATO CAKE

1/3 c. crisco or other fat
¼ tsp. salt
1 c. sugar
1 c. brown sugar
1 c. hot mashed sweet potatoes
2 c. flour
1 c. chopped nuts
2 eggs
3 tsp. baking powder
2 squares melted chocolate
1 tsp. each cloves, cinnamon, nutmeg
1 tsp. vanilla
½ c. milk

Follow directions for Standard Butter Cakes, above, adding sweet potatoes after the eggs. Serve in slices with whipped cream.

IRISH POTATO CHOCOLATE CAKE

1 c. butter
2 c. sugar
1 c. chopped nuts
4 eggs
3 c. flour
½ c. cream or milk
4 squares melted chocolate
1 c. cooked, mashed Irish potatoes
2 tsp. baking powder
1 tsp. each, cinnamon and cloves
¼ tsp. nutmeg

Follow directions for Standard Butter Cake, above, adding the potatoes to the creamed butter and sugar.

CHOCOLATE OR DEVIL FOOD CAKE

½ c. butter
2 c. sugar
4 egg yolks
1 c. milk
2-2/3 c. flour
5 tsp. baking powder
½ tsp. salt
4 egg whites
4 squares chocolate, melted
½ tsp. vanilla

Follow directions for Standard Butter Cake, above, folding in the stiffly beaten whites at the last. Cover with Boiled Icing.

FRUIT CAKE

½ c. butter
1 c. brown sugar
3 egg yolks
3 egg whites
1 c. flour
2 squares chocolate, melted
¼ tsp. soda dissolved
  in 1 tsp. cold water
1 tsp. each cinnamon
  and nutmeg
½ tsp. each, cloves and allspice
½ c. molasses
1 tsp. vanilla
2 c. raisins
2 c. currants
½ c. shredded citron

Follow directions for Standard Butter Cake, above, folding in the stiffly beaten whites at the last. Line a pan with greased paper, pour in cake batter, and bake in a very slow oven about 2 hours.

COTTAGE PUDDING

1 c. flour
1 2/3 tsp. baking powder
¼ tsp. salt
1 egg
½ c. sugar
3 tbsp. butter
½ c. milk
1/3 tsp. vanilla

Follow directions for Standard Butter Cake, above. Serve with lemon, vanilla, or chocolate sauce. Berries may be added to the batter before baking.

HOT WATER GINGERBREAD

1 c. molasses
½ c. boiling water
2¼ c. flour
1 tsp. soda
1½ tsp. ginger
½ tsp. salt
4 tbsp. melted butter

Add water to molasses, mix and sift dry ingredients, combine mixtures, add butter, and beat vigorously. Pour into a buttered shallow pan and bake 25 minutes in a moderate oven. Chicken fat that has been tried out and clarified may be used in place of butter.

SOUR MILK GINGERBREAD

1 c. molasses
1 c. sour milk
2 1/3 c. flour
1¾ tsp. soda
2 tsp. ginger
½ tsp. salt
¼ c. melted butter

Mix soda with sour milk and add to molasses. Proceed as in Hot Water Gingerbread, above.

SPONGE CAKE

5 egg yolks
1 c. sugar
grated rind and juice of ½ lemon
5 egg whites
1 c. flour
¼ tsp. salt

Beat the yolks with a Dover egg-beater until light colored and thick, gradually beat in the sugar and rind, then add lemon juice. Beat whites until stiff. Cut and fold part of the whites into the mixture, fold in the flour and salt and cut and fold in the rest of egg whites. Do not beat or stir the mixture. Bake in a sponge cake pan or 2 layer cake pans for 1 hour in a slow oven. Let cake cool in the pan with pan inverted.

HOT WATER SPONGE CAKE

2 egg yolks
1 c. sugar
⅜ c. hot water or milk
¼ tsp. lemon extract
2 egg whites
1 c. flour
1½ tsp. baking powder
¼ tsp. salt

Beat yolks until thick and lemon-colored, add ½ the sugar gradually, and continue beating. Add water, remaining sugar, lemon extract, and the dry ingredients mixed and sifted. Fold in whites, beaten until stiff. Bake in a buttered pan in a moderate oven for 25 minutes.

SPONGE CAKE JELLY ROLL

Bake a sponge cake in a large shallow pan lined with greased paper that hangs over the ends. Turn cake out on a damp towel and remove paper. Cut off crisp edge, spread cake with fruit jelly, beaten smooth, roll and place on a cake rack to cool.

ANGEL FOOD CAKE

1 c. egg whites
(8 to 10 eggs)
1 tsp. cream of tartar
1½ c. granulated sugar
1 c. flour sifted once, measured and then sifted four times
¼ tsp. salt
¾ tsp. vanilla

Beat egg whites with salt until foamy, add cream of tartar and continue beating until eggs are stiff enough to hold their shape. Fold in sugar, a little at a time, and fold in flour in the same manner, adding vanilla. Pour into an ungreased angel cake pan and bake in a slow oven 1 hour. Remove cake from oven and invert pan for an hour or until cake is cold.

ANGEL FOOD DAINTY

Cut an angel food cake into squares. Cut out center of each square and fill with whipped cream. Cover with boiled icing. (See recipe under Icings, below.)

CREAM PUFFS

1 c. boiling water
½ c butter
1 c. flour
3 large or 4 small eggs

Put butter into water and when boiling add flour all at once, and beat vigorously. Cook about 5 minutes or until mixture leaves the side of pan, beating constantly. When cool, add eggs unbeaten, one at a time. Beat between each addition until thoroughly mixed. Drop from a spoon onto a buttered sheet in the desired size and shape and bake 25 minutes in a hot oven. A glazed surface is obtained by brushing top of each with white of egg before baking. When baked and cold open at one side and fill with cream filling. (See recipe under Cake Fillings, below.)

ICINGS

UNCOOKED ICING

1¼ c. confectioner's sugar
¼ c. liquid
flavoring

The liquid may be coffee, water, fruit juice, cream, or milk. Mix the sugar and the liquid until perfectly smooth and add flavoring as follows: With fruit juice, add 1 tbsp. lemon juice. With other liquids add ½ tsp. vanilla or other extract. For chocolate icing add 1 square of melted chocolate and for the liquid use, coffee, water, cream, or milk. Flavor with vanilla.

ORANGE ICING

grated rind of 1 orange
1½ tbsp. orange juice
½ tsp. lemon juice
1 egg yolk
confectioner's sugar

Mix rind and fruit juices, and let stand 15 minutes. Strain, add gradually to yolk of egg slightly beaten, and stir in confectioner's sugar until of right consistency to spread.

MOCHA ICING

¾ c. butter
3 c. confectioner's sugar
few drops strong coffee

Cream butter, gradually beat in sugar, and add coffee a few drops at a time until tinted. Flavor as desired.

CHOCOLATE ICING

2 squares chocolate
5 tbsp. hot water
1 tsp. butter
confectioner's sugar
¼ tsp. vanilla

Melt chocolate over boiling water, add butter, and hot water. Cool and add sugar to make of right consistency to spread. Flavor with vanilla.

BOILED ICING

1 c. sugar
2 egg whites
½ c. water
1 tsp. vanilla or ½ tbsp. lemon juice

Mix sugar and water and bring to the boiling point, stirring to prevent sugar from adhering to saucepan. Boil without stirring until syrup will thread when dropped from tip of spoon or tines of fork. Pour syrup slowly on the beaten whites of eggs, beat constantly until of the right consistency to spread. Add flavoring and spread on cake with back of spoon. If icing is beaten too long, add a few drops of lemon juice or boiling water.

CHOCOLATE BOILED ICING

Add 1½ squares of melted chocolate to Boiled Icing, above, as soon as syrup has been added to whites of eggs.

BROWN ICING

Use recipe for Boiled Icing, above, substituting brown sugar for the white sugar.

MAPLE ICING

Use recipe for Boiled Icing, above, substituting 1 c. maple sugar and 1 tbsp. white corn syrup for the sugar or substituting 1 c. maple syrup for the water.

EMERGENCY ICING

1 egg white
⅞ c. sugar
3 tbsp. cold water
½ tsp. vanilla

Put the first three ingredients in the upper part of a double boiler and set over rapidly boiling water. Beat constantly with a Dover egg-beater 7 minutes. Remove, add vanilla, and beat until thick enough to spread. Marshmallows cut in small pieces may be added with the vanilla.

HONEY ICING

½ c. honey
1 tbsp. corn syrup
1 egg white

Follow directions for Emergency Icing, above.

CHOCOLATE FUDGE ICING

2 c. sugar
1 c. milk
1 tsp. vanilla
2 squares chocolate or
3 tbsp. cocoa
1 tbsp. butter

Cook the sugar, milk and chocolate until it forms a soft ball when tried in cold water. Add butter and vanilla and beat until of the right consistency to spread. For added flavor substitute a cup of brown sugar for one of the cups of granulated sugar.

CARAMEL ICING

2 c. light brown sugar
1 c. cream or evaporated milk
1 tbsp. butter
1 tsp. vanilla

Cook the sugar and cream until it forms a soft ball when tried in cold water. Remove from fire, add butter and vanilla and beat until of the right consistency to spread.

FILLINGS

CREAM FILLING

1/3 c. flour
½ c. sugar
⅛ tsp. salt
2 c. hot milk
2 eggs
2 tsp. butter (melted)
1 tsp. vanilla

Mix the dry ingredients, add eggs slightly beaten and butter. Add milk gradually, stirring constantly. Cook in a double boiler until thick, continuing stirring. Cool and flavor. This may be used for cakes or cream puffs.

CHOCOLATE FILLING

Use recipe for Cream Filling, above, adding 1½ squares of melted chocolate to the egg mixture, and increasing the sugar to 2/3 c.

ORANGE FILLING

½ c. sugar
2½ tbsp. flour
grated rind ½ orange
¼ c. orange juice
½ tbsp. lemon juice
1 egg slightly beaten
1 tsp. butter

Follow directions for Cream Filling, above, adding the orange and lemon juice and rind in place of the milk.

LEMON CHEESE FILLING

1 c. sugar
2½ tbsp. flour
grated rind 2 lemons
¼ c. lemon juice
1 egg
1 tsp. butter

Follow directions for Cream Filling, above, adding lemon juice and rind in place of the milk.

FRUIT OR NUT OR COCOANUT FILLING

To Boiled Icing (see recipe under Icings, above) add chopped walnuts, almonds, grated cocoanut, figs, dates, or raisins, separately, or in combination.

COOKIES

STANDARD COOKIES

½ c. butter
1 c.sugar
1 egg
1 tsp. vanilla
¼ c. milk
2 tsp. baking powder
2½ c. flour or enough to make a stiff dough

Cream the butter, add sugar gradually, egg well beaten, milk and flavoring. Mix and sift the dry ingredients and add to first mixture. If a rolled cookie is desired, chill the mixture and roll out, part at a time, on a floured board to about ¼ in. thickness. Shape with cutter and bake on a buttered sheet in a hot oven. If a soft, thick cookie is desired, use a little more liquid, drop from a spoon one inch apart on a buttered sheet and bake in a hot oven till brown. Remove from sheet as soon as taken from oven.

LEMON COOKIES

Use recipe for Standard Cookies, above, substituting 3 tsp. lemon juice for the vanilla.

COCOANUT COOKIES

Use recipe for Standard Cookies, above, adding 1½ c. shredded cocoanut and a few more drops of milk.

SUGAR COOKIES

Use recipe for Standard Cookies, above, adding ¼ tsp. nutmeg and ¼ tsp. cinnamon. Sprinkle sugar on cookies before baking, and, if desired, press a few raisins or currants into the top of each cookie.

CHOCOLATE COOKIES

Use recipe for Standard Cookies, above, adding 2 squares melted chocolate.

SPICED RAISIN [illegible] COOKIES

Use recipe [illegible] Standard Cookies, above, adding 3 tsp. mixed spices, an [illegible] chopped raisins or nuts or both.

PEANUT COOKIES

2 t[illegible]
[illegible] c. su[illegible]
[illegible] flour
⅛ [illegible]alt

¾ tsp. baking powder
½ tsp. lemon juice
2 tbsp. milk
½ c. finely chopped nuts
(about 2 c. in shell)

Follow directions for Standard Cookies, above. Drop from a spoon 1 in. apart on a buttered sheet, and place a peanut on each. Bake 15 to 20 minutes.

SOFT MOLASSES COOKIES

1 c. molasses
1¾ tsp. soda
1 c. sour milk

½ c. butter, melted
2 tsp. ginger
1 tsp. salt

flour

Add soda to molasses and beat thoroughly. Add milk, shortening, ginger, salt, and flour enough to make a drop batter. Let stand several hours in a cold place to thoroughly chill. Roll out, shape and bake according to directions for Standard Cookies, above. Lard may be substituted for part of the butter.

OAT MEAL COOKIES

1 c. butter
1 c. sugar
2 eggs
1 tbsp. sweet milk
¾ tsp. soda
1 tsp. cinnamon
½ tsp. salt
2 c. flour
1 c. chopped raisins
2 c. Quaker Oats

Follow directions for Standard Cookies, above.

ROCKS I

1½ c. brown sugar
2/3 c. butter
2 eggs
1 tsp. cinnamon
¼ tsp. cloves
¼ tsp. salt
2½ c. flour
1 tsp. soda
1½ c. nuts and raisins
1 tsp. vanilla

Follow directions for Standard Cookies, above. Drop by spoonfuls on a greased tin and bake 12 minutes in a moderate oven.

ROCKS II

1 c. butter
1 c. brown sugar
2 eggs
2 c. flour
2 c. raw rolled oats
1 c. raisins
½ c. black walnuts
3 tbsp. cinnamon
1 tbsp. allspice
½ tsp. cloves
½ tsp. salt
½ tsp. soda
4 tbsp. warm water

Follow directions for Standard Cookies, above. Drop by spoonfuls on a greased tin and bake 12 minutes in a moderate oven.—Mrs. Tancred Betts, Huntsville, Ala.

PUDDINGS

CLEANING OF RAISINS AND CURRANTS

Clean raisins and currants by pouring boiling water over them, and draining and drying with a towel or cloth. Stone raisins, if necessary, and tear or cut into pieces. Prepare fruit in quantity for use when needed. For cakes and puddings that are made from a batter, all fruits should be floured to prevent sinking to the bottom, using part of flour called for in recipe.

STEAMING

Steaming prevents burning and loss of moisture and it is a means of cooking in covered moulds mixtures which have sufficient moisture in themselves, but require long cooking, for example, brown breads, and puddings. The moulds may be put in a steamer, colander, or sieve over boiling water, or on a rack or several folds of paper in boiling water. Grease the moulds well, and if they have no covers, grease a heavy piece of paper on both sides and tie securely over top.

RENNET OR JUNKET

2 c. milk
2 tbsp. sugar
1 tsp. water
few grains salt
1 tsp. vanilla
1 rennet or junket tablet

Heat milk until lukewarm. Pound rennet tablet to a powder and dissolve in the water, add the warm milk, salt and vanilla. Turn into a glass dish, let stand in a warm place until set, then chill. Cover with whipped cream, and sprinkle with nuts, if desired. Other flavors may be made in the same way.

BOILED CUSTARD

2 c. scalded milk
3 egg yolks or
2 eggs
¼ c. sugar
⅛ tsp. salt
½ tsp. vanilla

Beat eggs slightly, add sugar and salt, and stir constantly while adding the hot milk. Cook in a double boiler, continue stirring until mixture thickens and a coating is formed on the spoon. Strain immediately, chill and flavor. If the custard is cooked too long, it will curdle, but the smoothness can be restored by using an egg-beater, although the custard will not be as thick. Cover to prevent scum from forming. If eggs are scarce use yolks of 2 eggs and ½ tbsp. cornstarch.

FRUIT CUSTARD

Slice fruit over pieces of sponge cake and cover with boiled custard.

CORN STARCH PUDDING

1½ c. scalded milk
¾ c. sugar
1 tsp. vanilla
2 egg-whites beaten stiff
4 tbsp. corn starch

Heat milk. Mix sugar and cornstarch and add hot milk, stirring constantly until mixture thickens. Cook over hot water for 20 minutes, stirring constantly. When cooked, pour hot mixture slowly over egg whites, add flavoring, and pour into a mold which has been rinsed in cold water. Chill and serve with boiled custard or fruit juice.

CHOCOLATE CORN STARCH PUDDING

Use recipe for Corn Starch Pudding, above, adding 2 sq. of melted, unsweetened chocolate to the milk, while heating.

FRUIT CORN STARCH PUDDING

Use recipe for Corn Starch Pudding, above, omitting ¼ c. milk, and adding ½ c. fruit pulp and juice at the last.

TAPIOCA CREAM

¼ c. minute tapioca
2 c. scalded milk
½ c. sugar
2 egg yolks
⅛ tsp. salt
2 egg whites
3 tbsp. sugar
1 tsp. vanilla

Add tapioca to milk and cook in a double boiler until transparent. Beat yolks of eggs, add sugar, then hot mixture slowly. Cook, stirring constantly, until creamy, then add salt and vanilla. Pour into a serving dish. Beat whites until stiff, add sugar gradually, beating well, and pile on top of pudding. Raisins and nuts may be added to pudding.

If pearl tapioca is used, soak in 1 c. cold water an hour before cooking.

MAPLE TAPIOCA

Use recipe for Tapioca Cream, above, substituting ½ c. maple sugar for granulated sugar.

BAKED CUSTARD

4 c. scalded milk
4 to 6 eggs
½ c. sugar
¼ tsp. salt
few gratings nutmeg

Beat eggs slightly, add sugar and salt, add slowly the scalded milk. Strain into a buttered mold, set in a pan of hot water. Sprinkle with nutmeg and bake in a slow oven until firm. If a silver knife comes out clean, custard is done. Do not let water around mould reach the boiling point. For cup custard use 4 eggs to 4 c. milk, for large custard use 6 eggs to 4 c. milk.

CARAMEL CUSTARD

Use the same ingredients as for Baked Custard, above, substituting 1 tsp. vanilla for the nutmeg. Put sugar in a pan and caramelize by melting over fire, stirring constantly, until it becomes a light brown syrup. Add milk gradually, being careful that milk does not boil over, because of the high temperature of the sugar. As soon as sugar is melted in milk, proceed as in Baked Custard.

BREAD PUDDING

2 c. bread crumbs
4 c. scalded milk
1/3 c. sugar
3 tbsp. butter
1 tsp. vanilla
2 eggs
¼ tsp. nutmeg
1 c. raisins

Soak bread in milk, cool, add to sugar, mixed with butter, beaten egg, salt, vanilla and raisins. Sprinkle with nutmeg, and pour into a buttered baking dish. Set in a pan of hot water and bake in a moderate oven about 40 minutes, or until firm. Serve hot or cold with or without cream. Nuts may be added.

QUEEN PUDDING

Use recipe for Bread Pudding, above, adding an egg. Reserve the whites of two eggs and when pudding is baked, spread with jelly or jam and the whites of eggs beaten with 2 tbsp. sugar until stiff. Brown in a slow oven.

BUTTER SCOTCH BREAD PUDDING

Use recipe for Bread Pudding, above, substituting brown sugar for granulated sugar. Place the brown sugar in a sauce pan, add 2 tbsp. of butter and cook until sugar is melted. Add milk and stir until dissolved. The brown sugar may curdle the milk slightly, but when pudding is baked this will disappear and the pudding will be smooth.

CHOCOLATE BREAD PUDDING

Follow directions for Bread Pudding, above. Add 1 square of melted unsweetened chocolate to milk while it is scalding.

RICE PUDDING NO. I

2 c. milk
2 tbsp. rice
¼ tsp. salt
¼ c. sugar
1 c. raisins
1 tsp. vanilla

Wash rice thoroughly, place in a buttered baking dish and pour in milk. Bake in a slow oven about 1½ hours, stirring occasionally. Add remaining ingredients and bake ½ to 1 hour longer. Do not stir after adding ingredients but allow to become a golden brown on top.

RICE PUDDING NO. II

1/3 c. rice
1 c. cold milk
1 c. raisins
1 c. cold water
½ tsp. salt
1 tbsp. butter
2 eggs
½ c. scalded milk
1 tsp. vanilla or
  grated juice and rind of 1 lemon

Wash rice well and cook with cold milk and water until soft. Add butter and raisins and set aside to cool. Beat eggs, add scalded milk, sugar and flavoring. Combine with rice, pour into a buttered baking dish and bake until firm. Pour a little melted butter over the top, sprinkle with powdered sugar and return to oven to glaze.

DATE PUDDING

1 box dates
1 c. nuts
2 eggs
½ c. sugar
1 tbsp. flour
1 tsp. baking powder

Mix and sift dry ingredients, mix with eggs and add dates and nuts, chopped fine. Bake 30 minutes in a moderate oven or until firm. Serve with whipped cream.

STEAMED BERRY PUDDING

½ c. butter
1 c. sugar
3 eggs
1½ c. berries
3½ c. flour
3 tsp. baking powder
½ c. milk

Cream butter, add sugar, mixing thoroughly. Add eggs well beaten. Mix and sift dry ingredients and add alternately with milk. Stir in berries and turn into a well buttered mould. Cover and steam 3 hours or 1½ hours for individual puddings. Serve with hard sauce.

STEAMED CHOCOLATE PUDDING

3 tbsp. butter
2/3 c. sugar
1 egg
1 c. milk
2¼ c. flour
4 tsp. baking powder
2 sq. chocolate, melted
¼ tsp. salt

Follow directions for Steamed Berry Pudding, above, and add chocolate last. Serve with cream sauce.

SAUCES FOR PUDDINGS

LEMON SAUCE

½ c. sugar
1 c. boiling water
1 tbsp. cornstarch or
1½ tbsp. flour
2 tbsp. butter
1½ tsp. lemon juice
few gratings nutmeg
few grains salt

Mix sugar and cornstarch, add water gradually, stirring constantly. Boil 5 minutes, remove from fire, add butter, lemon juice and nutmeg.

VANILLA SAUCE

Use recipe for Lemon Sauce, above, substituting 1 tsp. vanilla for lemon juice and nutmeg.

ORANGE SAUCE

whites of 3 eggs
1 c. powdered sugar
juice and rind of 2 oranges
juice of 1 lemon

Beat whites until stiff, add sugar gradually and continue beating. Add rind and fruit juice.

STRAWBERRY SAUCE

1/3 c. butter
2/3 c. strawberries
1 c. powdered sugar
white of 1 egg

Cream butter, add sugar gradually, egg beaten until stiff, and strawberries. Beat until berries are crushed. Other berries may be used.

CREAM SAUCE

¼ c. butter
1 c. powdered sugar
½ tsp. vanilla
¼ c. heavy cream

Cream butter, add sugar gradually, vanilla, and cream beaten stiff.

FOAMY SAUCE

½ c. butter
1 c. powdered sugar
1 egg
1 tsp. vanilla

Cream butter, add sugar gradually, egg well beaten, and vanilla. Beat while heating over hot water.

CHOCOLATE SAUCE

½ c. sugar
2 tbsp. flour
1 c. boiling water
⅛ tsp. salt
1 square chocolate
1 tsp. vanilla

Melt chocolate in top of a double boiler and add boiling water. Mix dry ingredients, pour liquid over them, and mix thoroughly. Cook 5 minutes and set over hot water until used.

HARD SAUCE

1/3 c. butter
1 c. powdered sugar
1/3 tsp. lemon extract or
2/3 tsp. vanilla

Cream butter, add sugar gradually, and flavoring.

STERLING SAUCE

½ c. butter
1 c. brown sugar
1 tsp. vanilla
4 tbsp. milk or cream

Cream butter, add sugar gradually, and milk and flavoring drop by drop to prevent separation.

GELATINE DESSERTS

JELLIES

Name of Jelly	INGREDIENTS							
	Gelatine	Cold Water	Boiling Water	Sugar	Lemon Juice	Orange Juice	Boiled Coffee	Fruit cut in pieces
Lemon	2 tbsp.	½ c.	2½ c.	1 c.	½ c.	------	----	-----
Orange	2 tbsp.	½ c.	1½ c.	1 c.	3 tbsp.	1½ c.	----	-----
Coffee	2 tbsp.	½ c.	1 c.	1/3 c.	------	------	2 c.	-----
Fruit Jelly	2 tbsp.	½ c.	2 c.	1 c.	½ c.	½ c.	----	1 c.

Soak gelatine 10 minutes in cold water and dissolve it in the boiling water. Strain, add sugar and fruit juice, turn into a mould and chill. If fruit is added, add when liquid begins to solidify. Nuts and marshmallows may be added for variety. Serve with cream, whipped or unwhipped, soft custard, fruit juices or crushed fruits.

FRUIT SPONGES OR WHIPS

Name of Sponge or Whip	INGREDIENTS						
	Gelatine	Cold Water	Boiling Water	Sugar	Lemon Juice	Fruit	Egg Whites
Lemon	1/3 box	1/3 c.	1 c.	1 c.	6 tbsp.	-----	3
Orange	1/3 box	1/3 c.	1/3 c.	1 c.	2 tbsp.	1 c.	3
Bananas	1/3 box	1/3 c.	1/3 c.	1 c.	2 tbsp.	1 c.	3
Apple	1/3 box	1/3 c.	1/3 c.	1 c.	2 tbsp.	1 c.	3
Peach	1/3 box	1/3 c.	1/3 c.	1 c.	2 tbsp.	1 c.	3
Prune	1/3 box	1/3 c.	1/3 c.	1 c.	2 tbsp.	1 c.	3
Pineapple	1/3 box	1/3 c.	1/3 c.	1 c.	2 tbsp.	1 c.	3

Follow directions for Jellies, above, adding fruit with the fruit juice. Put into a large bowl and put bowl in ice water, stirring frequently until mixture is a thick syrup. Add the stiffly beaten whites of eggs and beat with a Dover eggbeater until light and the mixture is stiff enough to hold its shape. Quickly pour into moulds which have been wet with cold water. Stand in a cold place until firm. Unmould, serve with soft custard, cream or fruit juice.

BAVARIAN CREAMS

Name of Cream	INGREDIENTS								
	Gelatine	Cold Water	Milk	Heavy Cream	Sugar	Yolks of Eggs	Vanilla	Lemon	Flavoring
Fruit	1 tbsp.	¼ c.	1 c.	1 c.	½ c.	2	1 tbsp.	------	1/3 c.
Coffee	1 tbsp.	¼ c.	1 c.	1 c.	½ c.	2	------	------	½ c.
Chocolate	1 tbsp.	¼ c.	1 c.	1 c.	½ c.	2	1 tsp.	------	1 square
Caramel	1 tbsp.	¼ c.	1 c.	1 c.	½ c.	2	1 tsp.	------	½ c.*
Pineapple	1 tbsp.	¼ c.	1 c.	1 c.	½ c.	2	------	1 tbsp.	1 c.
Maple	1 tbsp.	¼ c.	1 c.	1 c.	½ c.	2	------	------	½ c.¶

* Caramelized sugar. ¶ Maple sugar.

Mix sugar and egg yolks together. Heat cream and pour slowly over first mixture, stirring constantly. Cook in a double boiler until it thickens. Soak gelatine in cold water and dissolve it in the hot cream mixture. Cool, add the flavorings and proceed as with Fruit Sponges, above, omitting the egg whites.

ICES, ICE CREAMS, ETC.

General Directions:

Always scald the can, dasher and cover. Put can in pail, adjust cover and crank. Pack with finely crushed ice and rock salt almost to the cover, and remove crank and cover carefully. Pour in mixture, filling can only ¾ full, replace cover and crank and pack to the top with ice and salt. Use 3 times as much ice as salt for freezing, according to measure, and four times as much for packing. Coarse ice gives better results in packing. In freezing turn slowly and steadily, and when mixture is frozen, remove ice and salt from around top of can and wipe cover and top. Uncover, remove dasher, and scrape it. Scrape cream from sides of can and stir thoroughly. Cover cream with a piece of clean paper, replace cover of can, and put cork in the hole. Drain off water which has collected in the pail, repack with ice and salt, and cover with a wet blanket, carpet, or newspaper. The cream will ripen and develop in flavor if allowed to stand for several hours.

ICE CREAM

Name of Ice Cream	INGREDIENTS										
	Thick Cream	Milk	Sugar	Vanilla	Chocolate	Sugar to Caramelize	Water	Coffee	Fruit	Eggs	Lemon Juice
Vanilla ----	2 c.	2 c.	¾ c.	1 tbsp.	----	---	----	-----	-----	--	----
Chocolate -	2 c.	2 c.	1 c.	------	2 sqr.	---	----	-----	-----	--	----
Caramel ---	2 c.	2 c.	¾ c.	------	----	¼ c.	¼ c.	-----	-----	--	----
Coffee ----	2 c.	2 c.	1 c.	------	----	---	----	1/3 c.	-----	--	----
Fruit -----	2 c.	2 c.	2 c.	------	----	---	----	-----	3 c.*	--	----
French ---	1 c.	3 c.	¾ c.	1 tbsp.	----	---	----	-----	-----	2	----
Milk Sherb't	---	4 c.	2 c.	------	----	---	----	-----	-----	--	¾ c.

* Crushed.

When crushed fruit is used it should be mixed with the sugar and allowed to stand for 1 hour before using. Scald cream and milk, add sugar, and cool. Add flavoring and follow General Directions, above, for freezing. If eggs are used, mix them with the sugar, add the hot milk slowly and cook in a double boiler until it coats the spoon. Cool, add flavoring and freeze. For chocolate ice cream, melt chocolate over water, add hot cream very slowly and stir until smooth. For caramel ice cream, caramelize the sugar by heating it in a pan until a syrup is formed, stirring constantly. Add boiling water slowly, mix with hot cream and sugar.

ICES

Name of Ice	INGREDIENTS											
	Water	Sugar	Fruit	Lemon Juice	Orange Juice	Orange Rind	Grape Juice	Pineapple	Crystallized Ginger	Ginger Syrup	Strawberry Juice	Blackberry Juice
Lemon	4 c.	2 c.	---	¾ c.	---	---	---	----	----	----	----	----
Orange	4 c.	2 c.	---	¼ c.	2 c.	2	---	----	----	----	----	----
Blackberry	4 c.	1½ c.	---	1 tbsp.	---	---	---	----	----	----	----	2 c.
Strawberry	4 c.	1½ c.	---	1 tbsp.	---	---	---	----	----	----	2 c.	----
Pineapple	3 c.	2 c.	----	¼ c.	---	---	---	3 c.*	----	----	----	----
Peach	3 c.	2 c.	3 c.¶	2-4 tbsp.	---	---	---	----	----	----	----	----
Grape	4 c.	2 c.	----	¼ c.	---	---	2 c.	----	----	----	----	----
Ginger	4 c.	1 c.	----	¼ c.	---	---	---	----	½ c.	½ c.	----	----

* grated. ¶ crushed.

Boil sugar and water together 5 minutes, strain and add fruit or juice. Cool and freeze according to General Directions, above.

SHERBET

Follow the same directions as for Ices, above, and when mixture is frozen to a mush, open can, add the whites of three eggs, beaten stiff and continue freezing.

FROZEN DESSETS NOT MADE IN FREEZER

Canned fruit is often frozen in the can by packing the can in ice and salt, using 4 times as much ice as salt. Fruit salads are often packed in moulds and frozen in the same way. A mould is some times lined with an ice and the center filled with ice cream, or whipped cream, and then packed and frozen.

VISCOGEN TO THICKEN THIN CREAM

Pasteurized or other thin cream may be thickened by a solution of lime in sugar (viscogen) and then whipped to a stiff froth with a Dover egg beater. Viscogen is not to be found at the store, but it is easily made and will keep in good condition several years if not used in the meantime.

To make viscogen, dissolve five ounces (10 tbsp.) of sugar in ten ounces (20 tbsp.) of water. Add six ounces (12 tbsp.) of cold water to two ounces (4 tbsp.) quick lime and let it gradually slake. Then strain through a fine sieve or cheese cloth, to remove unslaked particles, combine the two liquids and shake occasionally for two hours. In three hours set the mixture aside to settle, then siphon or pour off the clear liquid. Store in small bottles, filling each full and stoppering tight, as the liquid absorbs carbonic acid from the air, thus darkening the color and reducing the strength. Use one teaspoonful of viscogen to one pint of chilled cream. Stir the cream while adding the viscogen to it and let stand ten or fifteen minutes.

CANDY

FUDGE

2 c. sugar
1 c. milk
½ tsp. salt
2 sq. chocolate or
3 tbsp. cocoa
2 tbsp. butter
½ tsp. vanilla

Put the first four ingredients in a saucepan, place over a slow heat and stir constantly with a wooden spoon until the sugar is dissolved. Continue boiling slowly, without stirring until a bit of the fudge dropped in cold water forms a soft ball which can be handled. Remove from fire, set the pan in a large bowl of cold water and let it stand undisturbed until there is practically no heat in the fudge mixture. Remove from cold water, add the butter and vanilla and beat the mixture, working in the butter until the mass is creamy and thick. When mixture is thick enough to knead, turn at once on a buttered plate and with a spatula shape the mass into an oblong or square one inch thick. Allow it to cool slightly and cut into the desired squares.

For variety add 1 c. finely chopped walnuts, pecans, or peanuts while beating the fudge; or, when mixture is stiff enough to knead, turn out on a buttered slab or plate, knead well, form into small balls, and roll in finely chopped walnut meats or finely grated bitter chocolate.

PENUCHE

2 c. brown sugar
¾ c. milk
2 tbsp. butter
1 tsp. vanilla
1 c. chopped nuts

Boil sugar and milk slowly until it forms a soft ball when tried in cold water. Stir to keep from curdling. Remove from fire, add butter, flavoring, and nuts. Beat until creamy, pour into a greased pan and when firm, cut in squares.

PEANUT BRITTLE

2 c. sugar
½ c. chopped peanuts

Heat sugar in frying pan, stirring constantly until melted. Add nuts and mix thoroughly. Pour quickly on to a buttered pan and mark in squares before cold. The lighter the color of the melted sugar the more delicate the flavor. Other nuts may be used in place of peanuts. A pinch of soda added just after taking candy from stove makes a more porous product.

PULLED CANDY I

3 c. sugar
½ c. water
¼ c. vinegar

Cook all the ingredients together slowly until they form a hard ball in cold water. Do not stir liquid after sugar has dissolved. Pour into a buttered pan and when cool enough to handle pull until porous and light-colored, allowing candy to come in contact with tips of fingers and thumbs only, not to be squeezed in the hands. Cut in small pieces, using large shears or knife, and then arrange on slightly buttered plates to cool. Flavoring, such as ½ tsp. vanilla, a few drops of oil of peppermint, etc., may be added while pulling.

PULLED CANDY II

½ c. ribbon cane syrup
½ c. sugar

Follow directions for Pulled Candy I, above.

MOLASSES CANDY

2 c. dark molasses
2/3 c. sugar
3 tbsp. butter
1 tbsp. vinegar

Put butter in kettle and when melted add molasses and sugar. Stir until sugar is dissolved, then stir again constantly when nearly cooked. Boil until when tried in cold water mixture will become brittle. Add vinegar just before taking from fire. Pour into a well buttered pan and, when cool, pull, following directions for Pulled Candy I, above.

POP CORN BALLS

5 qts. popped corn
2 c. sugar
1½ c. water
1 tbsp. vanilla
½ c. corn syrup
1/3 tsp. salt
1/3 tsp. vinegar

Boil sugar, salt and water until it forms a hard ball when tried in cold water. Add vinegar and vanilla and pour slowly over pop corn, using a spoon to turn corn that it may be evenly coated. Make into balls and let stand in cold place until brittle.

DIVINITY FUDGE

2½ c. sugar
½ c. corn syrup
2 egg whites
⅛ tsp. salt
2/3 c. water
1½ c. chopped walnut meats
½ tsp. vanilla

Cook sugar, syrup, salt and water till it forms a soft ball in cold water. Take out ½ c. of this mixture and cook the rest till it forms a hard ball when tried in cold water. On the beaten whites pour very slowly the ½ c. of liquid that was taken out, beating constantly, then add the remainder. Add nuts and vanilla and keep beating until mass thickens and becomes heavy. Pour into a buttered pan and cut when cold.

DATE AND PECAN ROLL

3 c. sugar
1 c. milk
6 candied cherries, chopped
1 package dates, stoned and chopped
1 c. pecans
1 tbsp. butter

Mix sugar and milk, bring to the boiling point and add dates and cherries. Boil slowly until mixture forms a soft ball when tried in cold water. Add butter, set in a pan of cold water and, when nearly cool, beat until it thickens. Add nuts, place in a damp cloth and roll. When cold slice.

MARSHMALLOW LOAF

4 whites of eggs
1 tbsp. gelatine
½ c. hot water
½ c. cold water
1 c. granulated sugar
flavoring

Beat whites of eggs stiff and add gelatine mixed with the hot water. Add the cold water and sugar, and beat well. Divide into three parts. Color one-third with a little melted unsweetened chocolate, another with a little pink coloring, and leave the last third as it is. When the thirds begin to congeal, combine in layers of chocolate, white and pink, using a bread pan that has been dusted with powdered sugar. After standing a few hours the brick will turn out like ice-cream. Serve sliced with whipped cream.

PARISIAN SWEETS

1 lb. dates
1 lb. figs
1 lb. nuts, walnuts or pecans
confectioners' sugar

Pick over and remove stems from figs, and stones from dates. Mix fruit with nuts and force through meat chopper. Knead on a board dredged with confectioners' sugar, roll ¼ in. thick and cut in squares or form in small balls. Pack in layers in a tin box putting sheets of waxed paper between each layer. A combination of nut meats may be used in equal proportions.

PEPPERMINTS

1½ c. sugar
½ c. boiling water
6 drops oil of peppermint

Dissolve sugar in water and boil 10 minutes. Remove from fire, add peppermint and beat until of right consistency. Drop from tip of spoon on slightly oiled paper. The mints may be flavored with other flavorings, such as oil of wintergreen, clove, cinnamon, or orange and colored if desired. Mints may also be made from fondant, and are then usually called cream mints.

FONDANT

2½ lbs. sugar
1½ c. hot water
¼ tsp. cream of tartar

Put ingredients in saucepan and boil until a soft ball is formed in cold water. Turn out on a large platter and when cool work with a spatula and hands until creamy. Divide into portions and flavor to taste. Shape into chocolate creams, cream dates, nuts creams, or bon bons. Some may be dipped in chocolate.

SANDWICHES

General Directions:

Use bread that is a day old if possible. Cut bread as thinly as possible and remove crusts. If butter is used, cream butter and spread bread before cutting from loaf. Filling should be spread on half the slices and covered with the remaining pieces. Mayonnaise is used in the same way with or without butter. Sandwiches are cut in squares, oblongs, triangles, rounds or fancy shapes. When cut in fancy shapes or rounds, shape bread before spreading, so that there will be no waste of butter or filling. If sandwiches are kept several hours, wrap in paraffin paper or a napkin, wrung as dry as possible out of hot water, and keep in a cool place. Serve sandwiches on a plate covered with a doily.

BREAD AND BUTTER SANDWICHES

Follow General Directions, above, using white, entire wheat, graham, or brown bread. For variety make a three layer sandwich using a slice from one of the darker breads between two slices of white bread.

CHEESE SANDWICHES

Follow General Directions, above. For filling use:

1. Cream or cottage cheese alone or mixed with mayonnaise, nuts, or olives.
2. American cheese sliced thin or grated and mixed with nuts.
3. Pimento cheese mixed with mayonnaise.

CLUB SANDWICHES

Follow General Directions, above. For filling use thin slices of cooked bacon, covered with slices of cold cooked chicken, mayonnaise and lettuce leaves. Slices of tomatoes may also be added.

EGG SANDWICHES

Follow General Directions, above. For filling use:

1. Sliced hard cooked eggs spread with mayonnaise.
2. Hard cooked eggs, chopped fine and moistened with mayonnaise.
3. Same as 2, but with finely chopped celery or pickles or olives added.
4. Eggs sauted in buttered crumbs and butter, with a slice of crisp bacon. The bread is often toasted in this case.

FRUIT SANDWICHES

Follow General Directions, above. For filling use:

1. Finely chopped raisins, figs or dates mixed with chopped nuts and mayonnaise. A few drops of lemon juice may be added.
2. Thinly sliced bananas and celery with mayonnaise.
3. Thinly sliced pineapple with mayonnaise, with or without grated cheese.
4. Finely chopped apples with celery, nuts and mayonnaise.

LETTUCE SANDWICHES

Follow General Directions, above. For filling use fresh, crisp, lettuce leaves, washed and thoroughly dried, and 1 tsp. mayonnaise on each leaf.

MARMALADE OR JELLY SANDWICHES

Follow General Directions, above. For filling use:

1. Marmalade or jelly with or without chopped nuts.
2. Marmalade mixed with shredded cocoanut.

MEAT SANDWICHES

Follow General Directions, above. For filling use:

1. Slices of cold cooked meat.
2. Chopped cooked meat mixed with mayonnaise.

3. Same as 2, but with chopped onions or onion juice added.
4. Sliced ham with thin slices of pickles.
5. Sardines mashed to a paste and mixed with a few drops of lemon juice.
6. Equal parts of chicken and shrimp mixed with chopped onion, chopped pepper, and mayonnaise.

ONION SANDWICHES

Follow General Directions, above. For filling use:

1. Onions sliced very thin and seasoned with salt and pepper.
2. Same as 1, but with mayonnaise added.

PEANUT BUTTER SANDWICHES

Follow General Directions, above. For filling use:

1. Prepared peanut butter or peanut butter made by putting peanuts through a meat chopper.
2. Peanut butter mixed with jelly.

TOMATO SANDWICHES

Follow General Directions, above. For filling use:

1. Tomatoes thinly sliced with or without mayonnaise.
2. Sliced tomatoes and cucumbers with or without mayonnaise.
3. Sliced tomatoes and crisp bacon.

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